Transcendence

A vision for the future

Written by

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Enlightenment: it's all about understanding.

Preface

This entire book will have to be preluded with something important: I am just a dreamer. Everything in this book is based on visions and dreams I've experienced throughout my life, intensifying as I grew older. I am well aware of the fact that most of what is written here will be seen as naïve, foolish, ignorant, or just impossible. Most of what is written will go against 'human psychology.' Much of what I wrote will be opposed by various political and philosophical ideologies. And that is okay, all your feelings are valid, and I agree with everyone.

The point of this book is not to convince others that I am 'correct,' or that this is the only possible way for mankind to go forward. The point is to underline the deeper, spiritual wounds we've inflicted upon ourselves, and to stop treating the symptoms. Many people feel dissatisfied with our modern way of living, for various reasons. Whether that is the futility of work, the agitation between men and women and the growing divide between them, the globalisation of the world, the economic injustice and inequality, the disconnect from nature, the rapid encroachment of technology, or another equally valid reason. Our world right now is profoundly ill, something a lot of people see, feel, and understand, perhaps at a subconscious level. All of this has been shaped by our own doing.

Most people are not able to address these problems on a higher level, let alone propose solutions for them. They see the world as 'too big' and they retreat into their own little bubbles, focusing on their own lives. They rely on substances or hedonistic activities to get through their life. This is not to shame them; I do it just as often.

I just have these dreams. *These visions, where I am drowning in an ocean of mist; sinking into nothingness. I can see human civilisation on the horizon, with the cities on fire, the people sleepwalking, and Mother Nature crying*. I've had these visions for so many years now, they are not random. And no, I don't use drugs. I think there is something profoundly wrong with our modern way of living, something that a lot of people subconsciously feel as well.

The ultimate point of this book is to plant a seed. A small, tiny sprout that may slowly bloom over the decades, aeons, or even millennia. To awaken our inner minds and to steer humanity towards a better future. I strongly believe we can do so much better. We don't need to accept the slavery, injustice, or futility surrounding modern existence. We can change things. Simply believing in this is the very start. Trust that human society is not random, or impossible to change. *We* shape society.

Can you imagine a world where there was no fear, coercion, submission, violence, greed, injustice, and so on? Where we return to our ancestral way of living, not by becoming primitive, but just by understanding timeless wisdom. The core purpose of this book is to make you *understand.* Our way of living is not right. We can change. We have to. Dream with me.

A lot of the same underlying messaging will repeat several times, throughout various chapters. This is intentional. These key ideas help shape your understanding and reframe your mind. They have to be repeated because they have to penetrate the core of your mind, not something that only lingers in your temporary memory. My apologies if this becomes frustrating or boring, but it's just like eating your vegetables. It's for your own good.

Most changes and ideologies proposed in this book may take a long time to bloom, and most people will not find resonance with them. That is okay, this book is not for everyone. Truthfully, I want to heal us. I want to mend the spiritual wounds of society, to restore purpose, meaning, inner peace, and to offer a grounded vision for the future of humanity. Some of my ideas are abstract, leaving them open for interpretation. Which is the point. I do not determine what society looks like; I am not God. My goal is to make you think; to wake you up. Accept responsibility. Fight injustice and shape a bright future. Just like changing habits: you do it one step at a time. One tiny pebble is almost nothing. However, many pebbles, rocks, and stones may build empires. Dream big. We can transcend our outdated collective society. And this begins with yourself.

Chapter 1: End the hunger

Hunger is an unpleasant feeling that we do not like to endure for too long. It is a signal from our body that it is time to eat. However, in factual reality, this is not fully true. There is a small nuance when it comes to interpreting this signal: hunger means your body seeks energy. It is regulated by hormones; a warning that your body is lowering its output due to insufficient energy, meaning your metabolism slows down. You can choose to eat; to supply your body with energy. Or you can choose to fast, to let your body break down fat for energy. This simple difference is completely reasonable, but often forgotten by many. Most people think you *need* to eat when you feel hungry. In fact, this is only true if you are underweight, or if you have another solid reason to actually eat. If you carry enough fat on your body (which the overwhelming majority of people do), it makes complete sense to just let your body use fat for energy. You can trust that the hunger will dissipate, even if you don't eat. The less insulin resistance you have, the easier this becomes. Fasting is a skill.

All of this only applies to feeling hungry on the physical level, making it very obvious and relatable. Yet, there are dimensions beyond the physical. *Hunger* means you are dissatisfied; that there is a craving that you need to satisfy somehow. This can apply to so many things: wealth, materialistic possessions, status, relationships, attractiveness, social media clout, being the 'best' at something, having the latest gadgets and toys, etc. Our modern society is filled with what can best be described as *illusions.* These illusions are external elements that seem valuable, important, or leading to inner peace. Unfortunately, illusions aren't real, and trying to grasp them makes them disappear. You will not find inner peace, meaning, and happiness by chasing these mirages. No, being a bit more attractive, having more bed partners, or earning more money will not make you happier or find true fulfilment. These things come from within you, they cannot be acquired externally.

In the grand scheme of things, chasing these illusions can be summarised as 'climbing the ladder.' Climbing this ladder is very common in our society, something most people do all the time, especially younger generations. We wish to compete, to acquire more, and to always be 'better' than others. As people grow older, they usually grow out of this chase, as

they understand that it’s way healthier to focus on your own life and to not care nearly as much what others think of you, or what your status is.

Unfortunately, climbing the ladder (or chasing illusions) is heavily encouraged in our society. An unattractive woman with few friends is seen as a loser, and so is a man who is broke or works at a simple, low-status job. People with few friends are seen as outcasts, and people who earn little money are seen as disposable. People who are virgins well into adulthood are seen as failures. These norms run extremely deep, the fact that they are being called out here may be a tough pill to swallow already. Let’s not blame individuals for falling for these illusions. It is such a shame that people have to learn the hard way that climbing the ladder does not lead to fulfilment. It would be a lot healthier if we simply changed our perspective, so people were not pushed onto this ladder in the first place.

It also does not matter how far along you’ve gotten. Maybe you’re extremely handsome, wealthy, or a CEO of a successful business. Perhaps you’ve had a lot of intercourse, and you have a rich social life. You did what was expected of you, and you succeeded. You got to heights few people will ever experience. Yet, you are blind to the fact that every rung you’ve touched made you slightly more disconnected from your roots. It is never too late to let go. Root yourself.

The very first step towards transcendence is to stop trying to satiate an endless hunger. Don’t chase things that are meaningless, no matter how much we confuse ourselves into thinking they matter. *You cannot fill an infinite void with ‘more.’* You cannot cast out a hunger that is relentless by feeding it. Just like stepping on a treadmill, trying to reach a destination, you are just wasting your energy. Step off the treadmill. If you want to reach a destination, you need to plan a route and actually move there, not stay on a treadmill thinking you’ll eventually get where you wanna go.

Ending the hunger is the gatekeeper of reaching enlightenment. The overwhelming majority of people will fail here, because they fell for illusions for decades. They cannot accept the fact that being ‘successful’ is meaningless. Their wealth, prestigious job title, attractiveness, or number of sexual partners they had are all important! Right?! Please say it’s true! Unfortunately, it really is not. That is not to say that you should never do any of these

things. It’s not that you shouldn’t work, be responsible with money, work on your fitness, or have intercourse. It is more so that these things will *never* lead to true fulfilment; you cannot use them to fill an infinite void. It is just like applying make-up to hide your real face: you cannot conceal what truly lies underneath. You cannot put a blanket over a hole and believe it’s filled. As soon as you step onto the blanket, you fall down. Or, in more practical terms: the more things you own, the more work you have to do to maintain them, and the less peace you feel.

Stopping the unending chase already brings an overwhelming sense of relief. You’ll realise that you fell for illusions. It doesn’t matter if you win or fail. It doesn’t matter if you only went up a few meters, or you’ve been climbing rung after rung for years. *There is no top.* Do you ever wonder why celebrities struggle with issues like drug abuse much more often than the median? Being famous, attractive, or wealthy does not lead to lasting inner peace; it’s usually quite the opposite. Subconsciously, we may know this already. Unfortunately, there are so many (young) people who still fall for these illusions. We constantly shame each other, belittle each other, or try to force each other to get on the treadmill anyway. This is probably because we feel less bad for ‘wasting our life’ if others also do this, like crabs in a bucket. The way to break free is not to pull each other down; it is to lift each other up.

Imagine if it was a norm in society that things like status, wealth, reputation, or job experience are deemed irrelevant. Where we instead focused on autonomy, respect, compassion, freedom, and a deeper understanding of what society we wish to build. Where life was no longer a fiercely competitive free-for-all, where few people win and most lose, while we gaslight each other into thinking all of this is acceptable. Oh, such blissful dreams...

We will not change these entrenched norms in an afternoon. However, *you* can change yourself. Already understanding this wisdom raises your consciousness to a level that’s required to even begin the journey. Keep the concept of a ‘norm’ in the back of your mind. *We* decide what is normal. It wasn’t that long ago that slavery was normal, or that women couldn’t vote, or that kings ruled over us, whom we had to obey without question. Funny how slandering the king is still punishable by law in many countries today, even within

Europe. Norms are just like laws: malleable, fleeting, and only as important as we deem them to be.

Norms change when we change them. No sooner, no later. Of course, there is an obvious transition period, things won't change rapidly unless a revolution or something similar happens. However, changing norms is up to ourselves. We need to fight for them, push the boundaries, change perspectives, and never give up. Any harmful norm in today's society can be changed; replaced with something better. The idea that wealthy people are more important, or the idea that you are 'worthless' if you don't work full-time can be changed. Just as the idea that a man is less valuable if he doesn't study or work in STEM, or the idea that a woman who's past the age of 35 is useless because she's 'past her prime.' It could go on, but you get the point. Things we believe as normal are just that: norms. And we can change *any* of them, if we want to. This will be further explained in the next chapter.

We are behaving like blindfolded prisoners chasing illusory carrots, believing we will be released once we catch one. This is probably one of the best ways to describe modern society right now. The solution is to quit playing the game, and to fight for change. We can push against the tides, wake people up, and make actual changes. It starts with one person at a time. It begins with you.

Once this norm has shifted, where we—on a collective scale—no longer believe in satiating an endless hunger, we have already made a massive leap. Imagine how much harmful futility can be erased once we all embraced this wisdom. All the harmful advertisements, social media brain rot, overpriced cars, fashionable clothing, and so much more can all be discarded. *We won't care anymore.* We can instead focus on what is meaningful, like bolstering our connection with nature, seeking meaningful friendships, caring for the most vulnerable, and embarking on our true spiritual journey. We can embrace an overwhelming sense of rest and stillness because we are no longer endlessly running on the treadmill.

Understand that modern illusions are just that: mirages. These harmful expectations are genuinely making people ill, especially younger people or those who are mentally struggling. It is crucial to understand that your dissatisfaction in life stems from the fact that you are chasing meaningless things. This is not your fault, you are being told to do these

things. Breaking free as an individual is important, but we can do much better. We can *shatter the ladder*, something we will come back to shortly. Embrace your hunger, accept it, and it will dissipate.

Chapter 2: Shed the feathers

Some animals on Earth undergo a process called *moulting,* an event where they shed a part of their skin, fur, or their feathers. Moulting can be such a beautiful metaphor representing change, growth, and healing. We all have our feathers: norms, expectations, regulations, traditions, and laws. We grew these feathers for a reason, no matter if they were genuinely important at the time, futile, or even harmful. Remember, not all laws are important or needed anymore. There is no shame in wearing old feathers; they served a function at some point. The key is that we can *shed the feathers* that are no longer of any use for us. We can discard old, harmful, or useless ideas about society, and replace them with new ones.

A solid example here is the marriage system. Far fewer people are getting married in the Western world, compared to even a couple of decades ago. There are many reasons (mainly economic but there are many more) for this phenomenon, but one important reason is because the marriage system is outdated. This system heavily benefits women, because much fewer women were financially independent in the past. They relied on their husband to sustain them, and any potential children they had. Marriage was the legal contract that bound men and women together. Of course, both sides had benefits, because men benefit heavily when they have a loving, supporting partner to help them with their emotional and psychological struggles and needs. Ultimately, this contract was especially important for women who did not have an independent income, which was the overwhelming majority of them not even that long ago.

Nowadays, a lot of women are ‘independent.’ They went to college, got fancy degrees, and work full-time to sustain themselves. This can vary a lot on the individual level, of course, this is mostly referring to the larger, societal scale. However, the marriage system is outdated because it still views women as dependent on the income of their husband. In reality, it is much more common for both the man and the woman to be working. If this married couple does decide to divorce, how does it make sense that the man has to pay alimony or support his ex-wife in other ways, simply because he is a man? It makes no

sense: it is an old feather we have to shed. It makes much more sense to simply view it based on income and other personal factors, and not based on biological sex.

This shift is already occurring, but it's extremely slow. Most men are not that stupid; they can see the imbalanced and unfair contract that we call marriage has become. That's why so much fewer men are getting married. It's not that they don't want women in their lives or raise children. It's that they want to protect themselves, and not bind themselves to a trap that can spring at any moment. Change the marriage system.

This is just an example. It's not the intent to trigger you or to be disrespectful; it is just a blunt truth. Marriage is supposed to be wonderful: a pledge of love and commitment between two people. And in spirit, this can still be the case. Legally, however, it's obviously broken and it needs to be fixed.

Another example is how we raise our children. Most parents will teach their values and ideas towards their children, especially religious ones. It is imperative to understand that young children learn and adapt extremely rapidly. The first few years of their lives are critical when it comes to the development of their self-identity and how they view the world. Of course, anyone can change, but reshaping a hardened mold is much more difficult than shaping wet clay. We all have our own ideas about the world, not just in terms of religious values, but in its entirety. Each mind carries its own consciousness, trying to make sense of the very reality it finds itself in.

All of this is understandable. We reserve the right to raise our children how we deem fit, as long as we don't harm them. Still, something crucial must not be forgotten: children are autonomous human beings. Of course, a young child is highly dependent on its parents and has to listen to them. Yet, as they grow older and reach puberty, they will automatically try to break free from their parents' rule, and discover this world in their own way. This is beautiful and important! Don't shelter your children or deem them 'failures' if they think differently from you. In fact, most children have different opinions compared to their parents, especially when it comes to politics, art, culture, and fashion.

The feather we can shed here is how we view teenagers and young adults who wish to be independent and autonomous. We should encourage this as much as possible. Imagine the

world we can shape if we teach entire generations to be critical thinkers? To not blindly accept norms and expectations? Where they shape their own paths in life. It is exactly these younger generations that wish to shed feathers, something we wish to prevent or delay. The opposite should happen.

It is such a tremendous shame that so many people alive today don't question the norms, laws, expectations, and traditions that are imposed upon us. We are simply born into this world, raised a certain way, and expected to go with the flow. This is *normal*; old feathers are sticking way too long. Let's envision a world where all children are respected in their autonomy, rebellion against the world, and supported in their search for purpose and meaning. Where all parents—and the society at large—support their children, even if we don't agree with their vision or path in life. It's not about encouraging people to be black sheep; it's about discarding the entire idea of black and white sheep in the first place.

Obviously, certain 'feathers' are old but important, and we should keep them. Think about our laws regarding criminal offences or traffic regulations. It's fine to question wearing your seatbelt, but you should do so when you're driving your car. Some people find out the hard way what happens when you skip wearing your seatbelt just one wrong time. Laws that are based on common sense or morality, rather than control or hierarchy, can stay.

The key here is to shed feathers that are outdated. Those that no longer serve us, or even harm us. Feathers are important; we need them to fly. Yet, moulting is just as important. It does happen in society, it's just unfortunate that this process is extremely slow, or sometimes intentionally hindered. Maybe it's fear. Maybe it's ignorance. Maybe it's by design.

Another prominent example is how most people tie their self-worth, and even identity, to their job title. This is probably the most obvious and widespread example right now. The overwhelming majority of people introduce themselves with their name, and then their profession, as these two allegedly encompass what you are. When someone participates in an interview on television, their name, age, and profession are usually presented. We hold someone's profession to an extremely high standard. People who work 'low status' jobs, let alone those who are unemployed, are deemed as 'lesser.' Additionally, people who retire

may sometimes fall into an identity crisis or a depression because it feels like they've lost a part of themselves or their self-worth.

All of this is between your ears. Your job is what you *do*, not who you are. Your job can change. You can always change, learn, adapt, grow, and mature. Whatever you are doing right now is not your destiny or your identity. It is simply what you do. Viewing it this way offers a much more profound sense of peace. You won't fall into a crisis when you get fired, quit, or when you retire. You won't feel ashamed if you're simply a 'cashier' when people ask you what you do. This feeling of shame or misplaced feeling of pride when it comes to high-status jobs is harming our psyche, and we need to discard these feelings as soon as possible.

This relationship between profession and self-worth is one of the oldest and most harmful feathers we need to release. It can also be viewed as part of climbing the ladder. Progressing from an intern, to becoming a regular employee, to someday promoting into a manager and perhaps even a CEO, may feel like you're 'winning' in life. In truth, we only believe this is true because this is what is deemed as normal. CEOs are deemed more important than interns, since they carry much more responsibility, earn more money, and so forth. In reality, any intern can become a CEO, and any CEO can become unemployed and end up on the streets. Your profession is not your identity, not even a tiny bit. Your profession is what you do, and it can always change.

It would be so much healthier if we didn't actually care what other people did for a living. Some people already know this, and that is good, but it needs to be a collective norm. The pressure, bullying, shaming, or feelings of inadequacy would all dissipate. We would help people find their path and purpose in life, instead of pressuring them (indirectly) to 'achieve' a lot. How many people are pressured into going to college or work a difficult, prestigious job? Remember: we think it's all about the money or status. We believe we are doing the right thing when we walk this forced path, even when our spirit is crying on the inside.

Another excellent example is when it comes to taking care of our health and losing weight. An overwhelming number of people struggle with their weight. Obesity has risen drastically in the West, and so have issues like heart attacks, strokes, diabetes, and many more similar

diseases. They all lead back to insulin resistance anyway. Being obese is simply a reflection of the underlying metabolic health issue; the excessive body weight is merely a consequence. This is why counting calories is the wrong approach. People who try to lose weight by counting calories are focusing on the symptom. It is not calories that regulate how your body operates; the hormones and organs take on this duty. Having a healthy bodyweight is about being healthy in general, which means you follow a healthy lifestyle. This is why you can't 'cheat' your way out of it. If we profoundly understood this difference, so much fewer people would struggle with their weight. You have to take care of your health by following healthy habits.

Just as with ending hunger, embracing this wisdom individually is necessary and important. Unfortunately, you will be an outcast if you think like this. Ample time will pass before anything that is written here will be deemed as normal. It might take many generations. Most people are subconsciously brainwashed, because this is what we all believe as normal. We teach it to our children. We reinforce it to each other constantly. We are constantly told that celebrities or millionaires are more important than we are. These are simply illusions: we fall for them, because we don't want to be seen as different.

There are so many more examples. You can surely think of one right now. The point is that we need to show courage and shed feathers that are no longer of use to us. We can think about what new feathers we wish to embrace. This moulting and regrowing process will shape our world and our future: one feather at a time.

Chapter 3: Shatter the ladder

As mentioned in the first chapter, modern society is often viewed as a ladder you can climb (or fall down) on. We constantly compare ourselves to others, based on job title, net worth, status, appearance, age, fitness, and so forth. As the ancient and wise philosophers knew: desire is the root of suffering, and comparison is the thief of joy. If you're still reading, you understand that these are harmful delusions, and you've stepped away from this ladder. This is crucial to truly understand and actually do. However, we can take it a step further: we can shatter the ladder.

The more people that embrace this philosophy in life, the more fragile the ladder becomes. When we genuinely no longer care about these meaningless metrics—these harmful illusions—will we open up an entirely different society. At some point in the future, a critical mass of people will have dispelled all the illusions, and the ladder will shatter into a trillion pieces. It is no longer about *you* stepping away from the ladder, it's about discarding it entirely. We will no longer encourage young people to climb this ladder, to try to be the very best, or to be better than others. Instead, we will encourage young people to shape their own destinies. Where we respect their individuality, autonomy, and unique philosophy on life. Not just in niche corners, but as a collective. Shattering the ladder will happen automatically once a critical mass of people embrace the other philosophies in this book, especially when it comes to stopping the chase of endless hunger.

True equity is never the goal. Communism is not the point, even if some people may believe that's what this book is advocating for. It is unfortunate that *so many people* can only think in black-and-white. You are either a capitalist or a communist. You are a leftist or a right-winger. Discard these ridiculous ideas. Life is far too complicated to think binary. Expand your knowledge. Raise your consciousness. Think bigger. Just because our current system (capitalism) isn't working whatsoever, does not mean we need to accept the other side (communism). There aren't just two or even three roads. There can be an infinite number of roads, if we carve them ourselves.

Reaching for a communist utopia is delusional. It has been attempted, contrary to what some people believe, and it has never succeeded long-term. Humans are inherently different, and hierarchy in itself is not harmful. It should be about autonomy, and genuine leaders and followers, not about kings and serfs. There will always be differences between humans and what roles they can perform in society. The point is that you are not *better* than someone else, even if you are (much) higher on the hierarchy. A leader is nothing without his followers. A commander is nothing without his squad. They take positions of power, which requires responsibility, wisdom, and vision. They must not forget their true purpose: to *lead* their people.

A king is just like a dictator or other misplaced authoritarian figure. Luckily, in the West, we don't value kings as much any more, and we live in 'democracies.' In reality, however, we haven't fully embraced this philosophy. Many people still actually believe some people are worth more or less, based on what they do or what their net worth is. Some people genuinely revere the king, simply because he is born into nobility. If you understand the history behind the concept of a 'king' itself, you'd shun it instantly, or you just lack all self respect.

It is important to note that democracy in itself is not the 'correct' way of running things. Democracy is simply one element of the technocratic system. For most of humanity's history, we didn't have elections, or kings, or dictators: we simply collaborated. We could have votes and we did have leaders, but this was definitely not the same as what we have now (politicians, ministers, and so on). Democracy is only valuable when all voters are informed and where we vote for true leaders, not politicians who merely push their own party's agenda. This is also something that has to be changed in society: political parties. It should be about genuine leadership and making grounded decisions, not just supporting your party or pushing an ideology.

Understanding this difference is so important. The ladder must be shattered, but that does not mean we are all truly equal or the same. It is quite the opposite. We must embrace our unique skills, visions, and positions in society, and give every citizen the respect they deserve. Some people will hold much more responsibility and power than others, and this

idea will probably never change. Yet, those at the ‘bottom’ must never be forgotten or abused. Society will only reach transcendence when we acknowledge the fact that *all* human life matters, even if some people contribute very little towards progress. We will always need leaders or people who take on responsibility, and this cannot be everyone. In fact, it will just be a tiny minority. But we should always elect these leaders directly and hold them accountable for their decisions. These leaders should be morally righteous, honest, skilled, empathetic, and have a grounded vision for the future. Leaders that are selfish, corrupt, inept, or otherwise not fit for leadership should be discarded without hesitation. We must not have a soft spine. We relinquish a portion of control by electing leaders; they must not squander our faith in them. The only way we can achieve this is by holding them accountable, not just in theory but especially in practice.

It begins with an understanding. Maybe it’s still not quite clear what this chapter is trying to say. To put it simply: all human life is valuable, no matter what they do in the moment. We need morally righteous leaders who make decisions that benefit the collective, not a small minority. Embrace individuality and differences; equity is a naïve delusion. And don’t view life as a ladder, where you are ‘higher up’ for whatever reason.

Modern society is a fierce free-for-all, and this very structure that encompasses almost everything in life is holding most of us back. Most people will not agree with this, because we are taught (especially as men) that you *have* to compete. You must constantly get more educated, work on your fitness and social skills (to attract women, allegedly), and work more hours or go for those promotions to earn more money. Honestly, it never ends: it is a bottomless pit. We need a mass dispel on top of society, just so that we can breathe again.

Money is also something that has become way overblown. The idea of money is not fundamentally flawed, and it can simply be used as a tool. However, the significance of money has been overblown in ways that cannot even be explained. We could write a thousand books just to explore and explain the misplaced position of money in modern society. Money is needed for almost everything. It is valued, coveted, and overblown. We constantly compete for it, even willing to commit heinous crimes just to get more of it. We are willing to sell our dignities, harm others, or burn ourselves out just to achieve ‘more.’

Let’s not blame these people; most of us are doing this right now. We all need money to survive. Money has become insanely overvalued, to most people’s detriment. There are literally billionaires alive right now, and these people hold indescribable amounts of power and influence. What is even stranger is that so many people revere these individuals, as if their lives are somehow more valuable, or their opinions more important.

The current position of money perfectly encapsulates the state of modern society. Chasing it exhausts us. It sets us against each other: a hypercompetition that helps no one except a very small minority. It is futile, too. We work so many hours just to earn it. We view work as something valuable and necessary, mainly because of the money you earn from it. Money is the lifeblood of modern society. Dispelling this illusion probably puts you in the rare 0.1% of people right now. *Money is harming us way more than it is helping us.*

Money does not have to disappear completely. However, it should not be tied to basic needs such as food, housing, water, and so forth. Something like a universal basic income could be a good start. Money can still be used to raise your quality of life. Employers can still offer high salaries to attract competent employees. It is not about abolishing money or dismantling capitalism entirely. It’s about giving people space to breathe and to make this cruel game just a little bit more fair. When work becomes a *choice* instead of something mandatory, something you have to do both because of societal norms and due to the oversignificance of money, can we finally choose and breathe again. Obviously, this basic income is not the true answer or something that will fix our fundamentally flawed way of living, it’s just a tiny step that will help.

Besides basic income, we can also think differently about taxes. Those who earn little should pay the least taxes, and this idea is not new at all. Unfortunately, it’s actually quite rare in practice. Most Western countries have absurdly high tax rates, even for those who earn below the median. Simply implementing a so-called ‘tax-free foot’ could help a lot. A certain fixed number of your yearly income simply won’t be taxed. The number could be adjusted over time, of course. This idea will be so helpful for those who are financially struggling right now. Simply paying 0% tax on a substantial portion of your income means you actually keep much more in your own pockets, lessening your burdens. This is just an

example, of course, but we do need to think of ideas like these to change harmful norms and ideas.

Simply understanding that modern society only functions because of desperation (due to the necessity of wealth) can be disquieting. Slavery is alive and well, even when we don't like to admit it. The concept of 'kings' and 'serfs' is still real, it's not just some outdated idea from a thousand years ago. In fact, these concepts are only getting worse, since we have steered our ship in the wrong direction. The most influential, powerful, and wealthy individuals are rapidly growing their capital, power, and influence, while the average citizen struggles to even get by. Is this fairness? Is this justice? Who chose this system?

It is not erratic that people are having fewer children. No, most people aren't self-conscious about the climate or population growth. Most people are insanely selfish and they live in their bubbles (which we shouldn't blame them for). However, the statistics don't lie: child birth rates have plummeted, and one of the biggest reasons is the disastrous economic landscape. Other significant reasons are the things mentioned earlier: hypercompetition (especially since women entered the workspace in full force, which drastically raised the supply without a natural increase in demand), the overvalued significance of money, and societal norms.

If we want to restore a sense of rest, peace, and purpose to society, we need to give people space to breathe. Give people the opportunity to explore life at their own pace. It is not about removing work, dismantling capitalism, or getting rid of money itself. Give people a choice again. Don't make people struggle for dozens of hours per week just to survive. We are so technologically advanced, why do we still believe in these lies about 'contributing' or 'everyone has to do it'?

The rapid technological advancement, especially with the worrying rise of advanced AI, will leave millions of people permanently unemployed. *This will be one of the biggest crises of our time*. Not just because of the struggles regarding supplying people with food, water, housing, electricity, and so forth. And not just because so many people will struggle with depression or an identity crisis because they lost their jobs. It will be a turning point in our history: where will we steer our ship towards? Will we still care about things like profit,

consumerism, and hedonism, even if hundreds of millions of people fall into poverty and despair? Or will we wake up?

We need to embrace the spiritual truth that our modern way of living is extremely misguided and harmful. We make the wrong decisions constantly, one after another, and we gaslight each other into thinking all of this is normal. Viewing others as better or more valuable based on things like net worth, appearance, or job title is nonsensical, but most people will never admit to this. We'd rather chase endless profit and let people struggle and suffer than work towards a society where we can all thrive and contribute in our own ways.

Even though communism has left disastrous damage in its wake, at least communists are more aware of the extremely harmful norms we have embraced in our world. Chasing endless profit is an illness. Viewing others as 'lesser' is deeply harmful and nonsensical. And the worst of it all is that we gaslight each other constantly into thinking that all of this is deemed normal. If we wish to transcend, we need to end the hunger, shed old feathers, and shatter this self-made illusory ladder. It will hurt, but it's for the best.

Chapter 4: Face the fear

Change is scary. We like what is familiar: driving the same route from and to work, eating familiar meals at home or in restaurants, or playing the same video games. All of this is very human, although some people really struggle with accepting change. Familiarity brings comfort, and we like to embrace some moments of reprieve in this cold, hostile, and apathetic world. There is no shame in this whatsoever. We are all just humans; we can't conquer the world constantly. The same is true when it comes to facing inner trauma, changing harmful habits, or leaving a toxic relationship. Making these decisions is difficult, because it all comes down to one thing: *facing your fear.*

Fear is an interesting concept. Fear is what slows us down. Fear can stagnate progress and self-growth. However, fear is not entirely negative. This emotion can be a warning signal. Sometimes, it is okay to hesitate or slow down, and to second-guess yourself and your behaviour. Life is a balance between acceptance and change. Fear influences the role of change; slowing us down. Yet, it is so crucial to understand when you must accept the fear and listen to it, versus when to rise above it.

Think back to your childhood, let's say your puberty. Maybe you've had a crush on a classmate for years. Admitting your feelings to this person can be difficult and very frightening. You might get rejected or even bullied for it. Fear slows you down or blocks your progress. And these feelings are very valid and real. Getting rejected or bullied *does* hurt, especially when you are just a vulnerable teenager. However, inaction means stagnation. You will never know if your crush likes you back if you never ask. At some point, you will have to choose: face the fear, or let it devour you.

Fear is a teacher. It has many ways to share its wisdom with us. Some ways can hurt, others can be more gentle. Ultimately, fear should not be shunned. We need to respect it for what it is: a wise teacher, and our brake in life. It is no demon trying to harm or control you. It is part of your instinct. Let this erudition reach the deepest core of your mind, and release yourself of existential fear. Fear is a part of life, but let it serve you! The fear of failure is

much, much more significant than the actual failure. It doesn't matter if this has to do with rejection or just failing at something. Losing a game, not getting a job offer, or anything else of that nature. The only way to not win is to not play. This is also a legitimate option, by the way. Not every game is worth playing, but games that are worth playing have to be engaged with to even try to win.

If you struggle with facing your fears, listen to a little philosophical musing. Nothing in your life actually matters except your very existence. Your fear of being rejected after asking out your crush only exists in your mind. Your feelings of shame or inadequacy for having a 'crappy job' is inside your head as well, although this is reinforced by society. Society is ultimately just people, anyway. Your very existence, the reason you are alive, is random and beyond our realm of comprehension as of now. Maybe one day we will reach a more profound understanding of reality, and we will know where it even came from or what lies beyond. For now, however, just embrace the core philosophical truth that you are just an animal existing on planet Earth, and nothing else matters. Fear only exists in your head. *You* determine its power and influence.

When it comes to making progress as a collective, we should not shun fear or let it consume us. We should face it, talk to it, and listen to it. Fear has a purpose. When we view it this way, we can let it guide us. We should second-guess and question major decisions every time. Is this next, new idea truly a good one, or will it harm us down the road? On the other hand, fear should not stagnate us. Changes will be necessary—many, many changes in fact—so we should keep driving. If life is like driving a car, fear is deciding how fast you wanna go. Sure, you can go faster whenever you feel like it, but certain road or weather conditions can make this a bad idea. And driving 30 km/h on the highway is also a highly dangerous idea. Don't do that. Strike the balance; be adaptive.

Perhaps some people don't understand fear because they don't listen to their subconscious mind, and because they let society shape their path in life. Fear becomes this abstract idea; a demon lurking in the corner. *We fear the fear.* This anxiety is self-perpetuating because we lack understanding. Fear is not a monster, it is a teacher. Sometimes, their lessons can hurt us, just like crashing your car because you went way over the speed limit will hurt you.

However, if you survive the incident, you will have been taught a valuable lesson. Listen to your subconscious mind, and talk back to it. *Face your fear.* It really isn't that scary. It wants to help you.

Perhaps fear has been so prevalent in our minds and societies because human beings cannot handle disorder and chaos. We seek order, structure, and control in everything, from the very little things in our personal lives to the larger scales of society. Accepting that things just flow the way they do, and that you don't need to order, control, or manipulate *anything* offers such a profound sense of liberation and stillness. It is such a shame that so few people understand this nowadays. Our entire world has been shaped due to fear, as we simply wished to control everything. Seeking to dominate nature is an endless struggle that cannot be won; we are only hurting ourselves. The longer we fight, the more we become anxious and the more we suffer. The only solution is to *let go*. Let go of this sense of control, seek wholeness in existence, and embrace your role in it. Profoundly understanding all of this unlocks such beauty, freedom, and truth within. Life really is beautiful, if you exist beyond the mirage and you can pass the black rainbow.

This should be our mindset going forward. Not just for the foreseeable future, but forever. We are currently existing in the 21st century, and none of us will have any clue what human society will look like 500 years from now. Let's hope it performs much better than it does right now, because most of us are suffering, even if the majority doesn't understand it. So many people feel stuck, or accept our way of living as 'normal.' Maybe it's fear holding us back. Again, familiarity brings comfort. To grow, you need to step into the dark.

You will never build large muscles if you are never going to touch heavy weights. Some people fear weightlifting, believing that they become seriously injured if something goes wrong. And this fear isn't entirely irrational; you can indeed get injured during weightlifting. In certain rare cases, it may even cost you your life. But if you never lift weights (or stimulate growth in other ways), you will never grow your muscles. Overcoming your fear means you get into that gym and you lift some weights. Of course, you should stay rational and grounded in reality. Start light, practice the lifts, and gradually build it up. No, other people won't point and laugh at you for merely bench pressing 20

kilograms. This is yet another fear that exists only in your mind. Everyone who has been going to the gym for an extended period understands that it is a *journey,* where you begin small and you gradually build it up at your own pace. Going to the gym for the first time is incredibly commendable. Great job! Now you just need to stick to it, and you can transform your body in ways you can't even begin to imagine. Just don't hyperfocus on it, either. You won't win a marathon by sprinting; you will just burn out. And remember, you should only go to the gym if *you* want to do it. Don't let anyone, not even this book, force you to do something you don't want to do.

Life is a duality between light and darkness. Between growing and repairing. Between working and resting. Between pain and happiness. Staying too much in one realm may harm you; devour you; overwhelm you. Staying too much in the other realm will stagnate you and leave you dissatisfied. Find the balance. Everything in life is about balance. That doesn't mean it's a 50:50 or anything like that. It just means you find the golden middle road, where it's not too much of one or the other. If you work 60 hours a week, you also need more rest. Working 60 hours a week while only sleeping 4 or 5 hours a night *will kill you* before you know it, literally.

As we will shape our journeys, both individually and collectively, we must not forget fear as our teacher and old friend. Facing your fears will mature you in ways that cannot be explained properly. You reach a level of understanding that some people need decades to realise. Yes, life is rough and scary. Hardship is a part of life, and sometimes you do stupid things that hurt you. That doesn't mean you should never take risks or try new things. You must find the balance between embracing what is familiar and works for you, versus trying new things and stepping out of your comfort zone. This is how you grow, mature, and develop yourself in a grounded way. Finding this balance is not trivial. If it was, everyone could do it. Life as a whole can simply be summarised this way: acceptance versus growth.

A lot of people struggle with things like trauma, self-identity issues, or conforming. We are all just humans, and we have no clue *why* we exist or what the hell we have to do here. It would be real nice of God if He would come down here and explain the mess He has created, but maybe He fears what He has made. *We're alone*. It is up to us to clean up this

mess. This may leave us with a profound sense of dread, but it doesn't have to be the case! As Carl Sagan—one of the most wise human beings of our recent history—claimed: it is up to us.

Therein also lies the difference between the natural and the divine. The natural reality—the greater cosmos—is real. We all understand that we share the same reality. The billions of stars illuminating our grand canvas, the light of the moon reflected during the night, the clear water that rejuvenates our skin, the smell of the flowers, the touch of animals we may pet, and everything else in *existence* is real. Even those who are very unconscious or who have a lower intelligence understand that nature is real, and vital. In contrast, the divine world is unknowable. Are angels real? Is Heaven a real place? Is Satan real? We *cannot* know these things. Some people claim they have 'met God' or they felt something others did not, and these feelings may be valid. Perhaps they are correct, and maybe the divine world *is* real, too. But we cannot know for sure, and therein lies the difference. We must not rely on the divine, in whatever shape or form, to come 'rescue' us.

Waiting for God or the return of Jesus also has to do with fear. We close our eyes, hoping to be rescued. We don't care about life, because the 'real' world starts in the hereafter. Cast out this nonsense. Face your fear. Let's build our future. God would be proud.

Chapter 5: Feed the soul

Modern human beings are remarkably intelligent, even if most people don't show this through their behaviour. Our modern society in the 21st century is filled with wonders, from all sorts of awe-inspiring technology, innovation, and medication. Pause for a second to reflect on how baffling it is how much has changed in just a hundred years or so. Most notably through the role and influence of the computer and the internet that have completely dominated our lives, both in the professional and private spheres. Even though the computer is a very recent technological innovation (in the grand scheme of things), it has *completely* dominated our lives. We can no longer live without computers.

A few hundred years ago, none of this existed. The lives our recent ancestors lived was completely different. We really don't pause enough to reflect on how *quickly* our society has transformed. And how much more it will transform.

Change is inevitable, and, as stated previously, should not be feared. Incoming technological breakthroughs regarding advanced artificial intelligence will be inevitable. The same will be true for so many other changes: self-driving cars, extended lifespans, the eradication of certain chronic diseases, and probably the cloning of animals. These are just the tip of the iceberg. There is no doubt that human society around the year 2200 will be so dramatically different, that us modern humans would have no clue what to make of it. Just like how people from the year 1800 would barely comprehend our current technology and way of living.

It will be critically imperative that all technological progress remains tempered and within human control. As an example, let's compare a bicycle to an airplane. A bicycle is a tool that can be used for transportation. You have to learn how to operate it, but this is relatively simple; even a young child can learn how to ride a bicycle and use it independently and safely. In contrast, an airplane is a substantially more complex machine that requires trained and experienced pilots to operate it. An average person cannot even begin to operate this machine. If the pilots were to fall unconscious mid-flight, who is going to step up and take

control of the plane? Nobody, because nobody can. Therefore, regarding technological progress, the airplane has dominated man. In our modern world, most machines do not serve man: it is the opposite. Only when *all* technology is like our bicycle, can we safely progress humanity.

We've reached all these breakthroughs mainly through rationality and the scientific method. By developing certain tools and techniques, we have reached a deeper understanding of reality. And this understanding enabled us to create all sorts of technologies, including space travel, ever-so-faster (and tinier) computers, and new medication. We have only just begun. Understanding the true nature of reality should be the collective goal of humanity. We have made tremendous strides, and we should pat ourselves on the back. If true omniscience about the universe is possible, we're still less than 1% on the way there. That's not to discourage us, but to keep us grounded. Let's keep moving in a steady pace.

The application of rationality also uncovered some awkward truths that were deemed normal not that long ago. In fact, many people still believe these 'truths' today, about the age of the Earth or the biological nature of evolution, for example. It is only when you set aside bias and assumptions, and you begin to truly *learn* about the world (which is awfully difficult), that you begin to learn some truly insane facts about reality. Everything is made of matter and energy—two sides of the same coin. Space and time are connected, probably also two sides of the same coin. Time is real, yet very hard to explain. The universe has a beginning (probably), but we still don't know what caused the spark that ignited the creation of the universe. And the universe is rapidly expanding. Who knows how large the universe actually is? Or what it is expanding in to? Does that question even make sense?

The point is that rationality and the scientific method are critically important if we wish to learn more about the reality we inhabit. This is a quest that will never end, or at least not any time soon. Yet, it is such a shame that in the current modern society, only children go on this quest (because they are forced to), and only a minority of the population continues this quest by going into academia or science. Imagine a world where *everyone* held science and philosophy to the highest regard? Who knows how quickly we can expand knowledge and transcend our society if we all did this.

Yet, there is another side. Rationality is not the only way to look at the world, just as your physical essence of being is not the only real thing about you. You have an emotional and psychological element inside you as well. And reality itself also has a spiritual side, something that cannot just be measured or observed. Explaining this dimension can be difficult. Let's use the example of getting injured to explore these dimensions. Picture yourself getting hurt or injured in whatever way makes sense to you.

- The first dimension is the *physical* one. Imagine yourself falling down onto the cold concrete. You've accidentally injured yourself. Your skin is bruised or cut, you may be bleeding, a part of the skin is sore, and so forth. Injuries in the physical realm are very obvious. Even if they are below the skin (like an internal bleeding or a fractured bone), they are quite easy to detect with modern technology. You feel an obvious, physical pain, which makes us understand that the physical realm is real. This is just extremely evident because we have our senses to interact with this physical realm, especially through our eyes and sense of touch.

- The second dimension is the *emotional* one. For example, breaking up with your partner hurts emotionally, unless you felt no genuine love for this person. Dealing with a break-up *hurts*. It doesn't hurt you physically, it harms you emotionally. And these feelings are valid, and not everyone experiences pain in this dimension the same way. That is all well and good; the subjectivity of pain here is not the point. The point is that we know this dimension exists, since we can experience this pain. Not all of us have had this experience, but those who went through rough and painful break-ups with their partner understand this dimension all too well. The emotional dimension is real.

- The third dimension is the *psychological* one. Getting neglected as a baby or getting bullied by your peers can cause tremendous psychological damage. It harms your self-worth, feelings of security and attachment, or even your sense of identity. Psychology is how you explain yourself and the world. Psychology is about your behaviour and cognition, and everything that has to do with it. Getting harmed in this realm can be tremendously hurtful; trauma can linger for decades if left untreated. Psychology has to do with the self, the ego, cognition, self-confidence, self-worth, identity, and all the behaviours that follow

from that. Getting psychologically injured usually leads to what we call ‘mental illness.’ Millions of people nowadays suffer from mental illness, and anyone who’s suffered from something like PTSD or depression understands that this dimension, too, is very real.

- The fourth dimension is the *spiritual* one. Not everyone understands this dimension. The spiritual realm is fleeting and cannot be measured with rational tools. Spirituality has to do with purpose, meaning, and a sense of connection to others. It means you understand your place in this reality and you acknowledge what you truly are: an animal, created by DNA, existing on just one lone planet in a seemingly infinite sea of space. Fundamentally, we are just specks of nothingness, just like the Earth is just a speck of dust in the Milky Way galaxy. Probably even tinier than that: if you looked at our entire galaxy, you wouldn’t even see our star, let alone our planet. This does not mean that our planet or our lives are insignificant, it just means you can see the bigger picture. This also means you do not fear death, as life and death are merely two sides of the same cycle. If you feel injured in the spiritual realm, you feel a deep sense of purposelessness, like you are disconnected from others. That you have no ‘right’ to be alive, and that you just burden your surroundings with your existence. Spiritual wounds quickly lead to a loss of meaning, purpose, and hope, and may eventually lead to a harrowing suicidal ideation.

Modern humans fear death (generally), and most wish to extend their life or they do what is in their power to prevent death. We mourn our departed loved ones, and sometimes it takes years to even get over this pain of loss. All of these are normal human emotions. Yet, you can transcend these as well: simply acknowledging that life and death are not ‘good’ versus ‘evil’ but merely two sides, like Yin and Yang, raises your consciousness a fair amount. See the universe for what it actually is, and embrace your true purpose in this reality, and you can see a glimpse of the spiritual nature that exists in all things.

- The fifth dimension is unknown, but likely exists. This final(?) dimension is the realm of *ascendency*. If you have reached this realm, you see the ‘*one*’ in reality and you have enlightened yourself in ways that almost nobody ever has. You see the symphony that is being played in full view, and you enjoy every second of it. You understand the ‘why’ behind creation, and that it is quite messy at times. And you realise that life simply unfolds,

just like the universe does what it feels like. To be fair, explaining this dimension with mere words is not possible. Perhaps one day, this dimension will be opened up to more people as we begin to reach a deeper level of understanding about reality and why it exists. If you feel hurt in this dimension, you feel like your existence makes no sense. That you want to not just die, but to vanish completely; no trace left behind. That you feel like your existence in this universe was misplaced, and that you belong elsewhere. If these words make absolutely no sense to you, that's completely fine. Read this passage again after you've finished the book.

Life is not about being 'better' or chasing endless goals. *The true meaning of life is merely to experience it.* That doesn't mean you should just lie around doing nothing, waiting to die. It means you don't *need* to reach any status or anything of that nature. Our way of living would be substantially healthier if we gave people true freedom in chasing their aspirations and dreams, and we stopped caring so much about climbing that damned ladder. Embracing the spiritual nature of existence gives you a level of understanding that most people won't reach, because we are sabotaging ourselves and each other. *Feed your soul.* It really is not arbitrary that mental health issues, mainly depression and anxiety disorders, are so prevalent nowadays. Our way of living is fundamentally misguided: our ship is heading towards the abyss.

It is the reason why everything feels so boring and ugly. It is the same reason why so many people struggle with their weight and health. It is the same reason why so many people feel lonely or can't find love. It is the same reason why child birth rates have plummeted. It is the same reason why the harmony between men and women has been disrupted, where women are 'thots' and men are 'incels' because of the way they behave nowadays. It is the same reason why so many people struggle with their mental health, especially depression, anxiety, and burnout. It is the same reason why politics feels so divisive and pointless. It is the same reason why your work feels useless. It is not something 'within' our system, it is *the system.* It is our defiled water that we are swimming in. It is the final consequence of all the wrong decisions we have made.

A lot of men nowadays struggle with loneliness or being ‘rejected’ or ‘unwanted’ by women. No, it’s not just you. The statistics are evident. As it turns out, women are highly selective in choosing their partners, and our modern technology has exponentially opened up the world. When finding your partner no longer revolves about choosing between a few options, but instead revolves around having the potential to meet and date *millions* of people, it becomes a true struggle. The consequences are obvious: women fight and compete for the ‘best’ options, while the majority of men fall behind. Sure, these men could self-improve and raise their odds (working out, becoming more social, earning more money) but it doesn’t really work well. Why, you may ask? Because we pick partners based on something in their *essence.* Some part of us understands that we seek true love, not merely validation or intimacy.

To most psychologists, it is obvious that making a valid and genuine choice becomes significantly more difficult when you become overloaded with options, also known as the *paradox of choice.* This applies to everything, from grocery shopping to buying a new car or home, and even to finding romantic partners.

Improving yourself, your status, appearance, net worth, self-confidence, and so on, may work temporarily, as men who do these things are usually more successful in attracting women or luring them to bed. But are these men actually happy? Are they content with themselves and their relationships? Or do they feed their souls with junk food?

This is not to say that it’s about destiny or that there is only one person for you out there, but it’s more so that the majority of men are simply not attractive for the majority of women. Harsh and cold truth. All of this also hurts women, as we will come to find that a growing number of them will either be single mothers, or just lonely ‘incels’ like men are. Can’t people see the bigger picture? The least we can do is set reasonable standards and be more kind and compassionate for others, even if it feels so out of reach right now.

Relationships are important, and true love can enrich your life in a very unique way. However, there are three main layers that differentiate and describe the link between a romantic relationship and health or happiness. The best case (the upper layer) is to be in a genuinely happy relationship, where there is mutual love, respect, understanding, and

caring. These are the strongest bonds, and they typically last until death. People who experience this connection will almost never cheat on each other or seek divorce. Unfortunately, being in this upper layer is very difficult and rare, and it's not something you *find.* It is something you *build*, together.

The middle layer is to be alone. You do not need a relationship to find fulfilment, inner peace, stillness, and meaning in life. Being alone can hurt; you may feel lonely sometimes, and you may lack support during your most difficult periods. However, you can also be your own best friend. Ultimately, everyone lives alone (inside their mind), so you must find acceptance and peace within, even if you are in a relationship. No other person on this planet can create this peaceful meadow inside your mind, only you can do that. It does not matter if you're single for just a few weeks or for your entire life. This is also why people can be in a stable relationships and have children—a happy family—while they are still extremely depressed and suicidal. Relationships cannot nourish your soul. You cannot and must not seek a relationship in a desperate attempt to fill a void: this is just another hunger. Find harmony within, and the oceans of suffering will dissipate.

The bottom layer is to be in a toxic relationship. These are relationships that are only built on 'getting' or 'needing' things from each other. These things are usually wealth, intimacy, validation, status, security, or another form of ego-boosting. A relationship that is *only* built on what the other person has to offer—physical, material or otherwise—will never last: you are building a castle on sand. They always lead to violence, cheating, divorce, unhappiness, or worse. Yet, most relationships in our modern world are built this way. Women are especially vulnerable to this virus of the mind, but men fall victim to it as well. A man without wealth, high status, or an impressive physique is like a ghost: invisible to most women. A woman who is overweight, old, or bossy gets subconsciously rejected by most men. We don't understand what true love is any more, hence the immense loneliness, lovelessness, frustration, and general suffering in our world.

The loneliness and lovelessness so many people feel is really just a consequence of our harmful modern way of living. We think we need to 'achieve' or 'perform' or 'have' certain things to deserve love (a high salary, an attractive body, a prestigious job title), completely

missing what true love is even about. True love is about loving someone for who they are, not for what they bring or what they have. How many women leave their husband if he falls into poverty, illness, or debt? How many men leave their wife to chase some younger girl, just because she is more attractive? Love *cannot* be conditional. Is true love dead?

We need to create a world where every single individual has an open, free, and fair opportunity to be in the upper layer. Some people will always prefer to be alone, and to not commit themselves to others, and we should respect those who genuinely want this. But if we are being honest to ourselves, most of us want true love: a soulmate; a partner for life. It really is not random that fewer and fewer people can find this nowadays, since we don't understand what love is anymore. So long as we keep ourselves and others mentally trapped, this loneliness will never change; it will only get worse.

Dating (finding a romantic partner) in the modern era is a lot like applying for a job. You are expected to put on the clown suit, perform the little dance of humiliation, and hopefully, maybe, get a slice of the pie. And to be grateful for the opportunity. Why did we ever accept this as normal? It is not random that, in the year 2025 (and the decades that prelude it), marriage rates and child birth rates have plummeted. We are being disconnected from each other, what evil forces are at play here?

These things are not normal. We are being told these things are normal, because we don't know any better. Living by yourself, and trying to find friendships or romantic partners, through dating or other external activities, is the opposite to how we have always lived. It's like living underwater, and being told to just 'swim to the surface' if you wish to breathe. Human beings aren't meant to live underwater, yet this is what we are doing. We are not just swimming in defiled waters: we are living in them, below the surface, slowly drowning with our eyes closed, telling each other everything is fine. How normal.

We are ultimately just human beings on planet Earth. That's it. No more, no less. We have achieved tremendous progress and prosperity, and we can do a lot better in many ways. It is crucial that you never forget this fundamental truth, so that you may root yourself in stillness and understanding. Most people have no clue what the hell they are doing in this world; they just go with the flow. Social media has compounded and accelerated this

ignorance hundredfold. Your existence was never meant to be a competitive free-for-all where millions play the game. The true nature of humanity was to live together, in communities, where we collaborated, survived, achieved goals, and protected each other. Where we lived in peaceful harmony with nature and each other, and we understood life.

How ironic that, despite all the ‘progress’ we have made, we have only become more confused and lost. Can people not see this? Do they not understand the evolutionary history of our species? We did not respect natural boundaries and limits, and everything we are suffering from has been the consequence of that. Just like what happens when you put a hundred rats in a tiny cage, all you do is create violence, greed, depression, fear, and death. That is not living. We could make the cage bigger, but this has to be a *natural* process. If the cage grows bigger, we can justify and say we can now put two hundred rats into it, ultimately solving nothing.

We do not need to regress to the past or burn our society to the ground. However, restoring the natural order of humanity is going to prove to be tremendously difficult from this point. There are so many elements that need to change, and things like globalism, relentless migration and the issues surrounding multiculturalism, or the massive population numbers that currently exist on this planet are going to make it nearly impossible to make any progress towards healing. What we need most right now is true leaders, who are able to unite humanity towards common goals, where we all collaborate—each in our own ways—to guide our society to the next chapter. We can reach a deeper understanding of reality, which will be reflected through our technology and innovation. This is a gradual, ongoing process. The point is that we should keep doing this, every single day. We really have to turn the tides.

These things will take millennia. If you are reading this book somewhere in the 21st century, you will probably come to find that this vision is completely disconnected from the current way of living. Hopefully, it can still help you as an individual. Realise that our current way of living is harmful: our souls are being suffocated. You don’t need to ‘prove’ yourself in any way, you should focus on finding your peace and stillness in this world, no matter how hard that may seem to be nowadays. And share this message. Change starts with you, but it

can be infectious. Knowledge was always meant to be shared. If humanity never shared its wisdom, we would still be living in the Stone Age, not understanding what the very fire is that keeps us warm. We can always expand our knowledge and reach higher levels of understanding—feeding our souls while doing so.

Chapter 6: Cleanse the waters

Water is the foundation of life. Water is the invisible, all-encompassing element that defines and shapes our existence. Just like how fish rely on their water to exist and thrive, human beings (and all other animals) also have their metaphorical 'waters.' Water is our connection to nature and it represents the embodiment of life. The human body is mostly made out of water, and we have to drink it to survive. Accepting the crucial role of water in life is so important. Clean waters mean we live in harmony with our environment, in every sense of the word. That our existence makes sense, and that we are genuinely happy and rooted in a meaningful existence.

Unfortunately, there are two major problems right now: our waters have faded, and our waters have been defiled. Faded waters are a metaphor for a mismatch between our essence of being and our way of living. (Read my other work '*Faded Waters*' to get a better grasp of what this actually means.) The way we live, and how we shape our lives, is erroneous: we don't live in accordance with nature or our biological origin. We are becoming disconnected from our roots as human beings, because we believe that modern technology can fill this gap. Unfortunately, this is not even remotely true. No matter what tool, toy, or drug we develop, none of these can restore our fading waters. If it is fading, it means it becomes untouchable. No matter how much we yearn for it, it remains out of reach. Like trying to eat a hamburger that is presented on a computer screen. It doesn't matter how hungry you are: it cannot nourish you. Seeing the faded waters is rare; most people still have no clue what the hell this actually means. We are simply born into modern society, as human beings in the current era, and we do as we are told. Norms are to be followed; laws to be obeyed. Nature is something to visit occasionally, but otherwise left to its own or exploited. We believe we have ascended the need for nature, and our way of living sure makes it seem that way. Yet, it is all a mirage.

Why is it that people who struggle with mental health issues find a sense of peace and calm when they leave the cities and they travel to nature? Whether that is the far countryside, the ocean, the forests, or the mountains: leaving human society to travel into nature offers a

profound sense of wholeness and connection that you cannot explain with rational words and thoughts. Your waters are slowly being restored. Our connection with nature matters, both literally and metaphorically, just like how drinking clean water matters too. If you are dying of thirst, would you be happy to drink defiled water, filled with sewage? Of course not, you want to drink clean, cold water.

Our waters have not just faded, they have also become defiled. Defiled waters refer to the fact that our way of living is actively harming us, just like how drinking unclean water every day will harm your physical health. People have literally died from drinking unclean water, in fact this happens regularly in certain regions of the world. We often forget the crucial importance of clean drinking water, just like how important breathing clean air is.

We need to cleanse our waters. It begins with an understanding: modern society is suffocating us. We must reconnect to nature and accept our role in it. We must shape society in a way that offers true connection, meaning, and purpose. Let every soul in our society find a way to live an existence with happiness, peace, genuine meaning, love, and freedom. Make it so that everyone wakes up with a sense of intrinsic motivation; eager to engage with the world for yet another blissful day. How many people feel this way nowadays? How many people wake up with dread, bitterness, or anger? How many need to drown themselves with coffee, alcohol, or cigarettes just to get through another day? This is not living. This is surviving, barely at that. There will be no rescue. You will be a slave until *you* decide to break free.

It is up to ourselves to purify our waters, so that we may create an existence for ourselves, our children, and all the generations to come, that is filled with what we need most: purpose, meaning, connection, freedom, and stillness. Where we all believe in the world we are building. Where we support and uplift each other, and we guide each other towards places of rest and purpose. Where we cast aside the hubris of the modern ego and we embrace our spiritual roots once more.

Doing the other things as described in this book will already help. Stop the endless comparing. Stop chasing meaningless things. Stop the hypercompetition. Stop the greed and violence. And most critically: respect nature again, and seek ways to restore our connection

to it. Just like how fish literally won't thrive, or may even die an early death, if their waters are defiled, so too must humanity ensure that they swim in clean waters. This process is up to us, through our actions, choices, and feedback. It won't happen instantly, in fact it may take aeons. What matters is that we start the process: shut off the drain pipes that are defiling our mental oceans and begin to clean out the sewage.

We need to build a world that is in accordance to our needs: a world where we find harmony, stillness, peace, fulfilment, love, and where we work towards a greater purpose. Where you wake up not with a sense of dread or numbness, but with a genuine feeling of bliss. Imagine that, where you are so happy to be alive, you don't really want to go to bed. You don't want the day to end, because living felt so *good*. And not just temporarily, but permanent; the feeling will never subside. Can we even imagine such a world? Can we swim in crystal clear, clean water once more?

You can already take some small steps here. The less you rely on both spending and earning money, the better. Repair your own things. Buy second-hand goods or trade them directly with others. Grow your own food. Don't order online if you can help it. Learn new skills that are actually useful, like cooking, gardening, and so on. It is understandable that simply dropping out is not realistic for most people, but you *can* take small steps. The less you own, the less you have to maintain and control. The less you spend, the less you have to earn. There is no need to work 40 hours per week if you adjust your lifestyle. Now imagine if *everyone* did this. Of course, doing these things is far from ideal. We shouldn't be forced to 'own nothing and be happy.' We should create a society where everyone can thrive, where we all contribute in our own, unique ways, and where we find harmony again. However, for now, these small steps will help you find rest. It creates space for you to breathe, should you feel overwhelmed by it all.

As you walk on the path of enlightenment, you will understand sooner rather than later that you do not need to own anything to be happy. As the wise eastern philosophers already knew this, there is nothing material that can feed your soul. It does not mean you should live in a box under the bridge, it just refers to the fact that you have to live within your means. Your materialistic possessions are merely tools. So long as you control them, they can serve

you. Should you feel overwhelmed or restless, it can be genuinely helpful to scale down; to make your life more simple, by discarding excess or just slowing down.

This philosophy may help you in your personal life: your personal waters are already becoming more clear. Hopefully, you feel the clarity, calm, and soothing touch of water, like swimming in the ocean during a warm summer day. Enjoy the water. Be a fish. Water is life: literally, psychologically, spiritually, and existentially. Swim in clean water, and be healed.

Ultimately, however, we need to ensure that all humans can experience this life. Imagine if it's a horribly warm summer day, and there are thousands of people at a single pool, but this pool only holds space for a few hundred people. How would we resolve this problem? We need to ensure that every single human has space to swim in cold, clear water, especially during the hottest days. Give people space, respect, and freedom: it is so important.

Just imagine a world where there was no mental illness. Where there was no suicidal ideation, simply because we all wanted to engage with the world. Where people shunned the idea of using drugs or other substances, because we *don't want to feel numb.* In this world, we go to bed with a bittersweet feeling, because we can't wait to wake up again—eager to engage with a new day. We are *so far* from this state that it becomes preposterous to even think about. It all begins with an understanding, followed by sharing knowledge, inspiring others, and taking action. We can cleanse our waters: one droplet at a time.

Chapter 7: Break the cycle

Trauma can be passed on through the generations. Trauma can be defined as ‘an invisible, mental wound’ that may have many causes: neglect, abuse, or experiencing a traumatic event. Trauma can be like a cycle within families: individuals who get physically abused or neglected by their parents are more likely to also treat their children this way. This is not a conscious activity or as a way to unleash their anger (or maybe slightly so). It is simply behaviour that is partially controlled by the trauma. It’s like this wound is making it more difficult to be gentle, compassionate, and self-conscious. If this wound never gets addressed, it will fester and grow, generation after generation, until it completely takes over control of the mind, and the consequences will be unpredictable.

This cycle of trauma can be broken. The first step is to acknowledge the existence of trauma, and to hold a mirror up to yourself. “What am I doing to my children?” is what you should ask yourself, every single day. If you have been abused or neglected as a young child, you do suffer from trauma. This is not something to be ashamed of; it wasn’t your fault or responsibility. You were just a vulnerable child, and others abused this exposed position. However, as an adult, you have a sense of control and responsibility. You can *break the cycle* by simply being conscious, self-reflecting, and making different, better decisions, every single day. This is not trivial, and it won’t fall out of the sky one day. It requires work at the psychological level, which is difficult. Constantly reflect on your own behaviour and decisions. Treat others, especially your partner and your children (if you have them) with compassion, empathy, and true love, even if they are being difficult. You treat trauma by combing self-knowledge, compassion, wholeness, and understanding the self. You can treat your open mental wound, and force it to close, and heal. And in turn, you too will be healed.

Another example is being rejected frequently. Imagine a man who goes through puberty and adolescence. This man shows interest in women in his environment throughout various periods in his life. However, no matter his strategy, confidence, or chosen words: he faces nothing but rejection. Without being bullied, hopefully, but still. He yearns for love,

companionship, and intimacy, and he works on acquiring all of this for years, but it just never happens. Ultimately, he just decides to give up, since clearly, nothing is working. However, what if at some point, a woman actually shows interest in him? Would he open up to her, or would he still be so bitter and jaded—due to his many negative experiences—that he shuts her down without thinking about it?

Viewing 'normal' behaviour as cycles can help shape our imagination. The overwhelming majority of human behaviour and cognition happens at the subconscious level. Making changes here is not really possible; you need to be *conscious* of your behaviour (and the reasons for it) before you can change anything. You are in control. You just need to grab the steering wheel. Simply accepting this wisdom opens up the pathway towards breaking the cycle.

The same will be true for much more profound, societal cycles, as addressed in Chapter 1. The most prominent one right now is about the nature of work. We still have this dated, deluded view about work, where you have to 'contribute' or you are worthless or leeching, and you have to work a certain number of hours or you're seen as 'lazy.' Who contributes more anyway, a truck driver who worked 30 hours in a certain week, or a manager who played Solitaire for 50 hours in his office? This notion of 'filling hours' is extremely outdated, it is genuinely baffling that the overwhelming majority of people just accepts this as normal. Sure, there are exceptions: self-employed individuals or those who otherwise don't adhere to this norm. But for the most part, people accept the norms of 'part-time' and 'full-time.' Those who question these norms are often cast aside and their genuine concerns trivialised. *This is what enables the cycle.* Remember, anything in society can be changed. Any law, norm, expectation, or tradition can be shaped into anything we want to.

It was not that long ago that slavery was normal and quite common in the United States and certain other regions in the West. And of course, literal slavery is alive and well in certain other regions of the world. Actually owning other human beings was deemed 'normal.' This example is probably the best way to prove that there is no such thing as 'normal.' We decide for ourselves what we deem acceptable and what is not, and anything can be changed. If

nobody ever questioned these norms, then literal slavery would still exist in the West, in the current year of 2025, as it would have in the year 1825.

Cycles are closely linked to the idea of chasing hunger. We believe we need to behave a certain way, or follow certain norms, simply because this is what is expected of us. The mere acknowledgement of this statement enables the cycle. To break the cycle, you need to be different. Go against the grain, see alternatives, and change perspectives. Push against the tide. Be like August Landmesser, someone who didn't raise his arm during Nazi Germany.

If we wish to drastically change society, we need to let this idea reach the deepest core of our minds. *There is no normal.* There is simply a current, expected way of living. Change is always possible, and it usually doesn't take that many people to enable it in the first place. Most people are not courageous, intelligent, or even conscious enough to even think about changing norms: they fear the consequences. And that is all reasonable, not everyone can be a black sheep. But what if we could be?

We can change the ridiculous notion of 'having to work full-time' (or you'd be useless) or accept low pay, especially for young adults, because 'it's always been this way.' Young adults and other more vulnerable groups in society will always be exploited, since they lack life experience and don't want to become outcasts. Paying a 15-year old less than minimum wage is normal in my country, even though it makes absolutely zero sense. We can change. We have to change. Fight for justice.

We can change the notion of 'having to contribute,' which merely stems for our ancient reptile brain anyway. There is no need for *everyone* to contribute, because our modern lives are dramatically different than our ancient, more primitive lives. We have an overwhelming amount of new technology and tools that make it trivial for just a handful of people to contribute to the greater good. You don't need 1000 people to supply food to another 1000. Yet, we still have this misled idea that everyone has to work (full-time), or they are 'leeching.' In reality, in modern society, most people work because that's what's expected of them, and because they need the money. A perfect way to keep people trapped in cycles of despair and frustration.

A start would be universal basic income, something described earlier. Simply give every citizen a basic income, which they can use to meet basic needs. This removes the desperation: the foot will be taken off the neck. There would also be no societal shaming anymore. We could all be free to chase our own dreams and aspirations, even those that won't earn a lot of money. Everyone who wishes to pursue the arts resonates with this all too well. Artists struggle with income, since they need to become famous and sell a lot of their work to even try to become rich. Yet, most artists cannot be famous by definition. We simply hold the misplaced idea that artists are 'leeching' or otherwise less valuable, because they don't generate profit or they don't work a 9-to-5 office job. The question we should ask people who shun artists is: do you not enjoy music? Do you not enjoy going to museums? Do you never read books or watch movies? Stop being so ignorant.

This will be the most critical cycle to break, and it will probably define a generation. Whichever generation is able to break the cycle of forced work and implement UBI will be hallmarked in history for millennia. We can *finally* breathe again—no longer suffocating under blankets of desperation and contempt. This will be out of reach for our current generation, simply because the overwhelming majority of people is brainwashed by powerful propaganda. Harsh words, but true. Very few people think differently. They deem these ideas 'impossible' and they pride themselves on being slaves. Maybe the people who will come after us will be more wise. Although it is important to remember that UBI is not the end goal of our dream society, it will just be a mandatory step.

Another prominent example is when it comes to food and unhealthy substances such as alcohol and sugar. In 2025, more than half of all adults in Europe are overweight, with a significant percentage of them being obese. Obesity is caused by severe insulin resistance, something the body builds up over time. The best way to build this insulin resistance is to eat frequently and to eat a lot of sugar. A lot of people do this, even if they are unaware of it. It is normal in our society to eat three to six times per day, even if you are overweight. Most people eat garbage food, simply because such food is most readily available to us. Even though this food lacks nourishment and it just leaves you hungry, they still crave it. This is

easily understood: sugar can be addictive, and the more sugar, the greater the addiction. At some point, you simply can't stop anymore.

If we wish to restore health, we need to regain our consciousness. *Everyone* should understand what insulin resistance is, what sugar does to the body, and how beneficial fasting is. Yet, most people have barely a clue. They follow norms, reinforced even by nutritionists and doctors, and they are stuck for years, if not forever. We can help people heal at the individual level, but we need to treat this problem at the societal, continental level.

We could simply ban sugar and alcohol. It won't fully get rid of it, but it would definitely help. However, most people would protest against this. Products that contain sugar or alcohol taste very good (to most) and won't be conceded without a fight. How ironic it is to defend the very same thing that is slowly killing you. This is just another cycle that can be broken, but won't be for the foreseeable future. The obesity epidemic we are witnessing right now can easily be cured by restoring our consciousness, giving proper information regarding food and eating habits, and by banning unhealthy garbage that we call 'food.' It won't happen for many generations, but still. At some point in the future, metabolic illness will be extremely rare, because we take health seriously again.

We could also ban nonsense like advertisements. Does anyone even like watching advertisements, or the fact that most companies wish to acquire your data just to sell it to others? How many spam e-mails are being sent every day just because some company or individual is trying to sell you some garbage? Or worse: trying to steal sensitive data or otherwise harm you. There is so much more nonsense that we can simply get rid of. Things we currently deem normal or part of society. Yet, never forget that *nothing* we have created is permanent. Everything can change.

How about celebrity culture? This is genuinely one of the most confusing, misplaced, parasitic elements in modern society you could think of. We believe some people are more important because of their 'fame' and that we, therefore, have to revere, respect, and follow them. All of this is only harming everyone involved. Celebrities struggle with pressure and self-worth, and it is not so outlandish to realise that most of them cope with drugs or similar

means. And the followers are parasitic, maybe they think that they can leech a bit of their fame if they just follow them around and try to copy what they do. To top it all off: most celebrities are actually horrible people behind the scenes. Story after story about how some celebrity beats his wife, abuses children, launders money, was caught drunk driving; the list goes on. The entire notion of ‘fame’ should disappear, but this will probably take a long time. You should respect and revere, most importantly, yourself, but only people who actually deserve this, based on their empathy, virtue, and overall behaviour. Not because of their status, fame, net worth, or connections.

Breaking the cycle means you stand by what you say and do, which comes from a deep conviction within. Two key elements are: conscious awareness and deliberate acting. You must first have an intrinsic reason to even want to do something, and then be conscious while doing that something. And only you can decide that for yourself. Going to the gym is not meaningful or meaningless. It improves your health, which is good, but that is not the point. Some people go to the gym and quit after two weeks. Others have been going consistently for decades. Nobody is forcing you to go to the gym. What makes these people able to go to the gym for so long? Because for them, it is meaningful. They want to go to the gym, for whatever reasons they have, and this makes it important to them. *This is what makes it meaningful.* This applies to everything in life. Going to school, college, work, or seeking relationships: all of these are not meaningful by themselves. College, for example, can be a very wonderful, exciting, and interesting experience. Or it can be dreadful, anxiety-inducing, and awful. Going to college is only meaningful if you, yourself, have the intrinsic belief and motivation to actually go there, and to put in the work. You must shape your own life. And this is where it goes so wrong in our world: so many young people are forced to walk a path they don’t want to follow (implicit or explicit) due to norms or expectations, mostly by their parents, peers, or society as a whole. These teenagers go to college without fully understanding why, and we just expect them to make it work. Meanwhile, if they don’t actually want to go, they will suffer mentally every single day.

This is also why so many jobs nowadays are so meaningless. Not only do they not actually produce or do anything meaningful, productive, or important, the fact that most people are

forced to work or face the consequences makes this meaningless. Money is the carrot on the stick, a very effective one at that. Most people in society are lower or middle class, and these individuals have to work. In true reality, we can easily and drastically reduce the number of hours needed by 80%, and also cut taxes for these classes. This won't happen any time soon, because it does not benefit the system and its owners. Work is, in most cases, meaningless.

You can force people to work, just as you can force a child to go to school, or your partner to go the gym with you. But what you cannot force is for others to find meaning within these activities. It does not matter what profession it is, or where you go to school to, or what college education you are following. *You*, and only you, must decide what you find meaningful, and act accordingly. This is the pivotal crux of the lack of meaning in our world.

There are many more examples regarding 'cycles.' A cycle simply means you follow a norm, law, or tradition, or that you perform certain behaviour, *simply because you don't know any better*. This can happen at the individual level just as easily as it can at the collective level. Our world can become more compassionate just as easily as it can become more individualistic. We can take care of Mother Nature, or abuse her even harder. We can take care of the most vulnerable in society, or leave them to rot. We can force people to work meaningless jobs, or head towards liberation. It's all about making conscious decisions, and freeing ourselves from harmful cycles that keep us mentally trapped. You just need to wake up. Never forget that *everything* that has been shaped by humanity's hands can also just as easily be reshaped.

Our modern lives are simply defined by *nihilism* and *hedonism*. We kind of don't care anymore, because we subconsciously know we are stuck in a cycle of eat-work-sleep-repeat. We rely on substances to get us through the day, and something like nicotine is very effective at numbing us. We lost a grounded vision for the future, and psychopathic kings rule over us. We are being squeezed harder every year, even if most people still cannot see the hand that is harming us. The more pain we feel, the more substances we abuse. That's why it will be so difficult to ban these unhealthy substances right now: we rely on them way

more than we think. It doesn’t matter what you abuse, it applies to you just the same. Social media, video games, gambling, pornography, cigarettes, drugs, junk food, alcohol, or whatever else.

This is also why following healthy habits is so difficult for a lot of people. Who among you work out consistently, follow a proper diet every day, take care of their sleep, don’t abuse substances, and so forth? Who among us is still truly grounded in a *meaningful* existence? Surely it still exists: you can create your own lovely bubble of meaning and happiness. Yet, this very isolated existence is evidence for the sickness we’ve inflicted upon ourselves. Those who struggle with creating—or staying in—their bubbles will suffer much more. That’s how you create addiction or how you lose control of your health in the first place. No longer following healthy habits means your physical (and mental) health slowly decays, but you don’t intervene, because subconsciously you don’t care anymore. The world you live in matters substantially, and right now, smoke and ash are looming over us. A cataclysm is on the horizon. Can we still stop it? Only if we break the cycles that keep us mentally trapped.

Chapter 8: Close the loophole

A loophole is an easy way out. Lawyers or people who studied law understand this concept all too well. Abusing a loophole means you've 'won' (at) something, even when you shouldn't. Like how you are using some niche rule, written on page 157 on the rulebook, to come out ahead in a boardgame. Sure, you may have 'won' the round or even the entire game, your fellow players won't be too happy with you. Cheating won't pay off. Winning is not about abusing loopholes. Closing loopholes means we live with virtue, integrity, honour, duty, respect, and empathy. There may be no cheating, or abusing others, just to 'get ahead.' *We* get ahead, together.

As an example, let's take the current inequality when it comes to wealth and status. The overwhelming majority of people fall somewhere in the 'lower' or 'middle' class (if these concepts even make sense nowadays). A very, very tiny minority is extremely powerful and wealthy, and *this is by design.* We just sit back and accept it. Sure, most people oppose it, but it never changes. Why? Because we are powerless. The less conscious people in society either think this is good somehow, or they think that this fierce competition is either natural or fair. If we wish to close the loophole, we must consider two crucial factors: no one person may ever become this disproportionally powerful and wealthy, and any one individual who abuses the system or others should be removed from power *immediately.* Preferably without violence if possible, but by any means necessary.

If we keep money in society, then we must ensure that earning and distributing this wealth is actually done in a reasonable, rational, and fair way. Ideally, we disregard money once we no longer need it, but until then, consider the following: you should only earn money if you actually work for it. Discard insider trading, the stock market, bonds, interest, loans and debt, and all other 'alternative' ways to earn money. Do you ever read a story about some 12-year old who became famous on YouTube and is now earning millions per year? Meanwhile, you toil away at your job for a low salary. How much harm does this do to your psyche? Make sure work is actually rewarding, and close the loopholes.

Understanding these examples means you can also apply this to our collective society. We must close loopholes. We cannot cheat out on life. Just like a cycle, a loop can go into infinite if we never break free. We cannot allow people to try and get ahead by cheating. We must help each other and uplift each other, and stop anyone who tries to abuse others for selfish gains. Once we deeply embrace this philosophy can we finally transcend our outdated way of living.

Remember, life is not about 'winning.' Let these words deeply resonate within you: *life is about living.* Nothing more, nothing less. We can achieve and do much in life, both on personal and collective scales, and we should strife to make our world better and to reach a deeper understanding about reality, every single day. Life is not something to be mastered. We cannot stay dormant, lying on our soft spines, while psychopaths try to take over again. We need real leaders, not rulers.

We should also guide others away from the futile path of the treadmill. One day in the far future, we will have dismantled all treadmills, and all illusions will have been dispelled. Where society truly is not about beating each other, defiling the planet, or chasing meaningless metrics, but about collaboration and exploration. Such a society may still take thousands of years to reach, yet it begins today. Brick by brick, we can build the future that our ancestors could not even begin to dream of. To do this, we must all understand that there is no easy way out. There will be no alien civilisation to rescue us. There will be no divine intervention that uplifts human society to a new level of understanding. And there will be no psychopath who has a change of heart. It is up to us.

It is all about courage and the other core virtues, something that will be addressed in-depth shortly. When someone is cheating, by whatever means, we must show courage and intervene immediately. We cannot accept someone using violence, coercion, or blackmail to get ahead. Life itself can no longer be perceived as a 'race' where we constantly try to get to the finish line as soon as possible. Not only is this idea harmful because we are—knowingly or unknowingly—harming others while we are doing this, there is actually no finish line. You just sprint and sprint and run until you collapse. Life cannot be viewed as a race, because it is not a competition. Life is a personal and collective journey.

The bottom line is that life is rough, reality is a mystery, and the world we have built so far has been distorted and harmful, despite (or perhaps due to) all the progress. There will be nobody or nothing to save us, but we have the capabilities to change our society into something far better. A society that has a grounded vision for the future, that is not stuck chasing hunger, filling voids, walking on treadmills, or stuck in cycles or loops. A society that knows what it wants, where it's going, and what it's doing. Where everyone contributes in their own way. Where mental illness and addictions are rare. Where we wake up with a profound sense of fulfilment, happiness, and sense of clarity, since our waters are no longer defiled. Such a society *can* be a reality, eventually, if we build towards it.

Chapter 9: Caress the stillness

Stillness is a core value that every individual should embrace and practice. Stillness refers to an inner sense of calm, rest, and clarity. It means you are able to make grounded decisions, not swayed by emotions or negative circumstances. It means you handle the hardships in life with dignity and stoicism. Caressing stillness is not trivial; it may take you years to even begin to develop this understanding. Most people never truly master it, since it does push against the very human and emotional side of our essence. Stillness does not mean you neglect your emotions or that you think that nothing in life matters. Stillness is a way to ground yourself in this rough world. Some warmth during the cold blizzard; a soothing hand of comfort. It is a philosophical understanding that nothing in life really is under your control, except your own mind. We do all wish for life to be pleasant, peaceful, and sensible, but reality often proves otherwise. Alas, we do not have access to the cheat codes of life. Fortunately, we do have something important: control of ourselves.

Some people live very sheltered lives, and they do not understand the ancient wisdom that the Stoics tried to teach us until it comes crashing down on them. It is not by random chance that those who suffered tremendously early in life also mature much faster. Pain is an effective teacher. Those who faced cruel hardships understand how unfair life truly can be, and that there will be nobody there to save you. There are no guardian angels; the best you can hope for is your mother. Death, illness, destruction, loss, loneliness, abuse, neglect, and many other hardships lurk around every corner. You will never know when the next tragedy strikes down on your life. These things are inevitable, there is no escaping life until your final breath. What you *can* do, however, is embrace the stillness. Understand that life unfolds how it sees fit, but you remain grounded. You don’t ‘need’ to achieve anything. You are a human being on planet Earth. What a miracle in itself! We truly do such a poor job right now of embracing these wise teachings on a larger scale.

That is not to say that change is impossible or undesirable; far from it. We just need to understand this wisdom and caress the stillness. If we ever reach a spiritual awakening and we begin to radically shift society, we must acknowledge that many things may go wrong.

Not every decision will lead to desirable outcomes. Conflict and war may still be present. And not everything can be planned out. It is crucial to remember that we take it one step at a time, learn from mistakes, adjust where needed, and remain grounded in our vision. Failure is no reason for giving up. Failing is how you learn. There is no mastery without practice. There is no victory without defeat.

Stillness is not about rejection, deflection, or submission. Stillness is about acceptance. Making mistakes is part of the human experience. Not having your life figured out is also a part of it. Nobody has their entire life figured out. Random events happen constantly: you just have to deal with it. Yes, having a vision in your life is good, and you should work on things that yield desirable results. This is how you enact change, even if the road is bumpy. Yet, we must never forget that things will rarely go the way we want, while understanding that stillness is the anchor that keeps us, well, *still.*

Even if our world right now is horribly confused, you can still apply these teachings to your own life. It is so crucially important that you *understand* the spiritual nature of your human existence, and that you see the mirage that we call 'society.' You are a miracle unto itself. You have a consciousness. Can any one of us even begin to decipher what this means? You do not need to fully understand reality, or delude yourself into thinking you can master the universe. So many people believe they can achieve whatever they want, if they just work hard enough or something along those lines. While it is true you can change certain things, and hard work can yield certain outcomes, it is not the nature of 'work' itself that is desirable. You can spend six hours per day digging holes, and another six hours filling them up again. What an honourable day of labour! Get real.

It will come as no surprise to many to find out that depression is common in our current timeline. Most experts still do not grasp the true nature of depression, and what the difference between cause and effect is. Depression is a *symptom* of the root cause: living an inauthentic life. When your existence is not shaped by your own values, beliefs, norms, and routine, but instead forcefully shaped by outside forces, depression is a very likely consequence. This illness means you live in darkness: you don't know where you are, where to go, what to do, or even who you are. These feelings of confusion, loneliness, self-

loathing, and suicidality all encompass what depression actually is. The behaviour is merely how the mind seeks stability and meaning, usually through addiction. When you understand depression, you will understand why *so many* people suffer from it nowadays. Our current world forces people to serve, like serfs in a defiled kingdom. Luckily, healing from depression is still possible.

Stillness is the key. It is the anchor in our lives. Existence is like drifting in an endless void, an infinite ocean, unknown what lies 'beyond' or not knowing where you are going. Stillness is an anchor, slowing you down or temporarily rooting you. It does not offer all the answers or give you direction, but it gives you peace, rest, repose, clarity, calm, focus, and understanding. It is a key virtue just as much as courage, wisdom, duty, and justice are.

To find stillness is difficult, as it resides somewhere within the core of your mind. You cannot find it anywhere else. It doesn't matter where on Earth you live or what culture you find yourself in. You cannot find it in religion, either. It doesn't matter if you are atheist or religious. It also doesn't matter if you are isolated or live in a strong community (the latter being much healthier, but still). Stillness is an *understanding of life*. It is like a key puzzle piece for this large, indescribable puzzle that we call reality. There is much more to it, of course, and we barely have any pieces at all. But stillness is so crucial because it is a piece that fits. It is no surprise that pretty much every great thinker in life, regardless of timeline, culture, age, religious views, and so forth, all embraced the stillness in their lives. This core understanding that *life just is*, is essential for every single human being to embrace. It was true tens or even hundreds of thousands of years ago. It is true today. And it will be true for the rest of humanity's existence going forward. If you still struggle with what this actually means, it will be further explained in Chapter 17.

The ultimate point is that we need to change society. It is extremely evident that our modern way of living is an illusion, completely detached from our spiritual reality or a healthy way of living. A LOT will need to change. But while we are changing (if this day ever comes), we must not forget that we are bound by anchors that are rooting us. Changing too rapidly or without vision is just as harmful as never changing at all. Driving 300 km/h on the highway can be just as lethal as being motionless. It is about a sense of control, no matter

how little we actually have. It is about making reasonable, rational, grounded decisions. It is about accepting consequences. As we steer the ship of life towards a new direction, we must not forget that we do so for a reason. We don’t want to drift afloat from one random direction to another; sailing from one ice berg to another. We need to take *control* of this ship.

Life is a chaotic wilderness. It is such a harmful disgrace that humans tried to rise above nature, to delude ourselves into thinking we can master reality. Imagine the shape of our existence if we never left our roots? Sure, Earth would be very different, with much less advancement and with a much lower population. However, Earth would also be much healthier, not derived of resources, polluted to the point of climate change disaster, spiritually wounded to its very essence, urbanised to the point of non-recognition, almost completely detached from nature, desperately trying to keep animal species from going extinct even though we are the cause of their extinction, disconnected from each other as a collective, and confused to the point where we defend all of this. The consciousness and intelligence of humanity has not just been our greatest gift, but also our worst curse. Only when you wake up and see the true reality do you understand these words, something that most people are not ready for yet.

Perhaps you do understand these words, and you feel this deep pain. This yearning for rest, clarity, and repose. Society really is sick; our tree of life has been befouled. There is not much to do right now to heal, except open your eyes and embrace this understanding. Caress the stillness, as it is a crucial step in finding clarity in this wilderness. Let it serve as our guiding compass in finding direction in this vast, unexplored ocean. Just take a deep breath.

Chapter 10: Respect our Mother

Mother Nature is beautiful, feminine, powerful, soothing, healing, empowering, and enlightening. Like a true mother, it cares for us. It wishes to mature us and to safeguard us somewhat. Showing respect for Mother Nature is just as important as showing respect for your actual mother, even if she can be heartless, narcissistic, or abusive. Mothers are women, and they are just human beings, too. Women are not ascended angels sent down to guide humanity; they are just one side of the same coin. Men and women complement each other. We are different, but ultimately the same. We should love each other exactly because of these differences, and find strength in unity.

Life would be substantially healthier if we accepted true love again, and we embraced purpose, masculinity, and femininity. Men are not 'better' than women or vice versa, we are simply different. It does not matter if you view this biologically, spiritually, through a religious lens, or whatever perspective you use. Only a delusional idiot can think that there are no differences between men and women. It's not just in our genes, bodies, behaviour, use of language, cognitive framing, mental functioning, emotional and artistic expression, or anything else. It is in our *essence*. It is obvious that men and women are highly different, yet strongly connected. True love is finding beauty and unity in all this, an intense, authentic connection that can only be broken by death, or perhaps even never. Eternal love.

Mother Nature understands all this. We are her children. Life came from a tree, through which we are connected. It resembles our connection to nature. Despite our best efforts, we can never detach ourselves fully, no matter how much we try. It does not matter what technological tool, toy, drug, machine, or whatever fabrication we create. We are eternally bound to our Mother. However, we can harm this connection; defiling our tree of life. And this is most certainly what we have done, and are doing, in modern times. Let's hope we stop this defilement soon, and we seek humility and forgiveness from her. She doesn't owe it to us; we deserve nothing.

The true path forward is to seek harmony with nature. Embrace our role as animals, as a part of nature. We can consume, hunt, kill, and destroy, but we must also restore, mend, revive, and rebuild. We must strike a balance in our society. Existence can only be sustained if the harmony remains intact, if the demand and supply are in control, if life and death are in equilibrium. It was such a naïve delusion of mankind to believe we could control life, by extending lifespans, massively overpopulating the planet, endlessly harvesting resources for more and more growth, production, and consumption. We wish to live longer because we believe life is more important than death, completely missing the point of existence. We can't function without our medication, because God forbid we die a natural cause! Life is 'sacred,' even if we are suffering daily. Open your eyes already.

We would quite literally not exist without Mother Nature. Alas, we often forget this humility; rejecting this vulnerability. We are without doubt the most dominant, creative, intelligent, and most conscious animals on this planet. We have shaped and built a lot. However, at our core, we are just *animals.* Our relationship with other animals offers a small glimpse to our true connection to nature; it is no wonder that so many people love having pets as companions. Our relationship with other animals, through pets, zoos, farms, and so forth, exposes a hidden truth: we are not so much *different* from them. We are another branch on the same tree.

Only a psychopath hates animals. In fact, it is a common red flag in genuine psychopaths that they abuse, harm, torture, and even murder animals 'just for fun.' Children who behave like this are extremely troubled, and indeed, some of them turn out to be serial killers. Most human beings intrinsically understand our deep connection to nature, including to other animals. That does not mean we have to submit to it (like vegans believe). We just need to respect it. It does not mean that you cannot hunt or herd animals, or own pets, or milk cows, or whatever nonsense PETA is trying to propagate nowadays. We must balance consumption with restoration. Imagine all the meat that is thrown into the bin every day, in stores around the world, because it was 'past the expiration date.' This is essentially an animal that has been murdered for no reason. A chicken was slaughtered, processed into pieces, packaged,

transported, shelved, and put in a grocery store. If this piece of chicken never gets sold, it eventually gets thrown into the bin. This was the fate of the chicken. This is the real crime.

It is not that we cannot hunt or consume other animals or plants. Vegans are misguided in their understanding of humanity's role. We are predators, like many other animals. However, it is true that we should not accept the waste of life, animal or otherwise. An animal that was slaughtered for 'fun' or other futility should not be accepted as normal. That would be psychopathic.

We must understand our limits. We can grow, develop, consume, and so on. Above all else: we must respect natural balance. What do you think will happen to the local bird, rat, or vermin population of a certain city if someone comes along and unleashes five million cats in just one day into it? Obviously the harmony will be disrupted, and certain species of bird will go extinct in that region. Are cats 'evil' for hunting birds and vermin? We really are so ignorant about life sometimes.

It is not that we must remain primitive, as if we have never left the Stone Age. It is all about understanding. Understanding purpose, stillness, harmony, balance, and the beauty and mystery of all things. True understanding is incredibly rare, and the consequences are evident. One day we will ascend. One day we will reach a new tier of enlightenment; looking back upon our ancestors with shame, disgust, and pity. If a descendant is reading this book in the year 3000 or whatever, please understand that we are all sleepwalking. It is not intentional. We apologise.

Those who struggle mentally, for whatever reason, may come to find that merely walking into nature offers a profound sense of healing. Getting away from society for a while, to merely *exist* in nature, regardless of whether that's the forest, ocean, mountainside, or any other similar place, offers an indescribable sense of clarity and rest. Nature offers repose. Understanding your true connection to nature offers such a deep sense of beauty, love, understanding, and healing. It is evident that simply detaching yourself from the harmful beast of society is genuinely beneficial. Living in modern society is like being a troubled teenager who ran away from home. This 14-year old believes he can take on the world, but will quickly come to find that the world is rough, cold, and unfair. However, when he

returns home, he will find his mother waiting for him with tears in her eyes. She does not feel anger and has no need for revenge. She loves us, and misses us every second that we are gone. We ran away from our Mother, thinking we can do better; that we don't need her anymore. All we are doing is harming ourselves, tearing at our souls, shattering our hearts, drowning in sorrow, loneliness, and regret.

It is never too late. It is never too late to apologise, to admit mistakes, to fix errors, to change perspectives, to heal, to mature, to grow, to ascend, or to transcend. We can change the course. We can return to the warm, blissful, loving embrace of our Mother. We can acknowledge that we were wrong and misguided. We are no masters of the universe. We are children. We are eager, curious, and a bit mischievous. We may show stupid behaviour, as this is normal for children. But it is up to our parents to protect, shield, and guide us. What would happen if a 5-year old child had no adults in its life, whatsoever? Would it even survive into adulthood?

You can already do these things in your life right now, despite the barriers that are put in place for you. Simply go for an extended walk in nature, and don't bring your phone with you. Go on an extended holiday (if you can afford it) and sleep in a tent. Simply go on a journey, take a long stroll through the forests or mountains, where you merely exist, survive, and experience life as it was always meant to be. The amount of healing this may bring you is indescribable. Respect the animals that may cross your path. Understand your connection to them, and our collective shared connection to nature, and you will feel that we are not so different. We are all cousins of each other.

If this is out of reach, then there are tinier things you can do. Simply take it slow. If you have somewhere to go, don't take public transportation or use your car. Instead, grab your bike or just go for a walk. It would take much longer, but so what? The journey is part of the experience, and using public transport just makes it boring and meaningless. A second of meaning is more valuable than an eternity of meaninglessness.

If possible, put plants in your home, grow your own food, and simply be careful and patient with what you own and do. Treat your pets well. Don't buy or consume things you don't

need. Go outside every day, it does heal you. Simply put: the less you rely on technology, the closer your connection to nature becomes evident.

It is normal to explore, to be deviant, to challenge norms, and to seek your own path. All of these are part of the human condition and are healthy. But what we must never forget is that we are eternally bound to the tree of life. We have a Mother, and we must respect her. Never lose sight of her. She does not control us, but she shields us, comforts us, warms us, and unconditionally loves us, like all true mothers do for their children. The least we can do is love her back.

Hopefully, this chapter sparked something in you. If this chapter made you cry: good. Because then you feel and understand what is said, and what is *missing.* Simply understanding our misguided way of living raises your consciousness, and that is what we need the most right now. Understand our true purpose in this reality. Embrace and respect our Mother, and let her loving touch soothe our tormented souls. Allow her to let us breathe and exist again. We so desperately need it.

Chapter 11: Thread the line

Everything in life is about balance. A cliché, but true. Biologists understand what homeostasis means, or that evolution is about cost-benefit analysis. Everything has a cost. Nothing is truly ‘free’ in life. Staying alive is hard work! And so are choices you make in your daily life. Eating healthy food, drinking water, and exercising is all much more difficult in the short term compared to laying in bed, watching movies, and ordering pizza. But the score will be settled eventually. Your actions have consequences, on the tiniest scales and on the largest scales. In minor, temporary ways and in massive, permanent, life-changing ways. You can choose to go sky-diving, if you feel a lack of excitement, adventure, or rush in your life. But if this sky-diving adventure goes wrong, you’ll die. Is it worth the risk? It’s up to you. Just accept the consequences.

Navigating life is about threading the line. A delicate balance, *the golden mean*, as Greek philosophers would say. It is about understanding that too much or too little of anything is harmful. Water is the most clear example. Dehydration can and will kill you, and quickly, too. On the other side, drinking excess water can harm and even kill you as well. You must stay hydrated, and thankfully, your body is not stupid. You don’t need to drink water constantly. You can choose to drink a bit of water every few hours all day long, or a fair amount in just a period of two hours and then nothing for the rest of the day. Ultimately, you should listen to your body and do what works for you. If you feel dehydrated (exhausted, dry skin, headaches), you should drink more water.

Another example is about driving a car, an example that has appeared several times already. A cliché at this point perhaps, but it so beautifully represents navigating life. Most of us have driven cars, or at least been a passenger in one. Driving a car is about navigation, control, decisions, awareness, but also acceptance. There is no guarantee of safety. You can always crash, or your car can break down in the middle of the road. Nonetheless, your behaviour—how you drive your car—matters substantially. Being responsible and driving with awareness and expertise matters. It is no surprise that driving while impaired is illegal and highly dangerous. You need to stay focused!

Going through life is like driving a car. You control the speed and direction. You must measure the needs of the car, its maintenance, fuel supply, and so forth. The car can also be worn down (representing your health) and of course, not all of us can drive the fanciest, shiniest cars. We are all driving our own cars, sharing the same roads. It is up to us to make sense of it.

Threading the line means managing the balance between acceptance and control. You can be the most experienced, responsible driver in the world; you cannot prevent some drunk idiot crashing into you. You also cannot change the laws of nature and begin to fly or pass through objects. There are fundamental rules you must abide by. However, within this framework, you have a sense of control. You can drive faster or slower, switch lanes, or change direction. You can also temporarily pause if you feel the need to. Additionally, understand that, while you must follow the 'rules' as to not crash or cause chaos, you should not compare yourself to other cars. It is *your* car, and you decide what to do with it.

Balance power with humility. Balance control with acceptance. Balance fight with surrender. Harmony is the purest essence of life. Biologists understand this the most, which is ironic because it is often the most scientific, rational people in this world who shun the spiritual nature of reality. This is a stereotype of course, there is no ill will directed towards biologists. Rationality is still important, even if it does not offer all the answers. There can never be a full understanding of reality with just the scientific method, just as one arm does not represent an entire human body.

Accepting humility, vulnerability, and stillness is the golden key in shaping our path towards transcendence. We *do* have the power to change, to control, to shape existence. But it is very limited, and it has to be carefully measured. Don't rush ahead. We can change more than we think. So many people nowadays either accept life as it is, going with the flow like robots, conditioned by the system into being a very successful, yet unhappy, drone. Others rebel subconsciously, but surrender to fatalism or nihilism. It is understandable, to be fair, as the beast of society has become so incredibly powerful that we lack the words to describe it. Fatalism is reasonable, but also a self-fulfilling prophecy. If we believe that life cannot change, and that we must surrender to this life of servitude, then it will never change. Only

when we rise up and fight back, no matter the cost, will we break free. This can get very radical. What if we didn't go back to work? What if we stopped paying taxes? What if we simply didn't *care* about anything society had to offer any more, on a large scale?

A protest sends a message, just like a tweet does. We believe it's powerful, but it can just as easily be ignored. It doesn't matter if your tweet has a hundred billion retweets, it doesn't *do* anything. If we want to break free, we need to address the root problems, and hit it where it hurts. Striking (no longer working) and rejecting society's temptations (no longer consuming) *will* work, but it will come at great cost. Our illusory lives of comfort will shatter, and many people won't be able to handle it. Most will immediately falter to complacency or surrender to authority. This spiritual uprising is like a pipe dream: it sounds good, but it won't happen. While it's true that it won't happen for the foreseeable future, it is not true that it will *never* happen. Time will tell.

We can make some small changes here, things you can implement in your personal life. This is how you mature yourself to a level that modern humans nowadays don't even understand. Embracing and embodying core virtues within the golden mean will command genuine respect and reverence from others, even if they don't understand why. Core virtues in life are: wisdom, courage, justice, temperance, and prudence. A virtue is a bit difficult to explain. A virtue is a certain belief/behaviour that represents a higher order of morality. That you do the *right* thing, awakened from a deep conviction within. That it doesn't matter what others say, think, or do, or that you are tempted by whatever outside. Someone with genuine virtue lives a morally righteous existence. These virtues shape his path, guide his footsteps, and bring clarity to his mind. In modern society, living with virtue is incredibly rare, as it is much easier to just go with the flow or fall to temptation, or to get shaped by the machine. Virtuous people are rare, but much needed nowadays.

Wisdom is the ability to make proper decisions based on sound judgement. To see the bigger picture. It goes beyond intelligence and knowledge. If knowledge is having 'knowledge' of something, then wisdom is applying that something. Knowledge is knowing how to operate a gun, wisdom is knowing when and why to use it. A truly wise person very rarely uses his gun, but knows how to safely use and maintain it on a consistent basis. A

wise person also understands that no one person can ever reach true understanding, enlightenment, and so forth. Learning is walking up on an infinite staircase, while learning from mistakes, and sharing wisdom with others. Someone who is truly *wise* understands all these things, and applies them daily.

Courage is about facing fear and rising above it, as we have discussed in Chapter 4. There are many stories, metaphors, myths, legends, and empirical anecdotes about individuals who acted with great courage. Those who rose up against great evil, despite all odds. Those who speak against corruption, abuse, nepotism, or other forms of evil, even if it may cost them their job or prestige. Like some Germans during the Nazi Regime who did not raise their arm. Courage means understanding what is *right*, and behaving accordingly, even if it may come at great risk or cost. Those with courage have convictions they believe in, and they are not afraid to fight for them. They have a rigid spine. And this is also something we all need, as being spineless is one of the most common symptoms of being a modern slave.

Justice is about true fairness and equality. The first law in the Dutch constitution is about the principle of justice (‘treat everyone with equality’), even if the actual practice of this law may be questionable at times. A just leader understands that the greater good is more important than the high quality of living for a few. A just society gives everyone a voice and an ability to contribute. A just society does not judge others based on characteristics they cannot control, like their age or ethnicity. As society crawls closer to collapse, the loss of justice will be the most apparent.

Temperance is about self-control and balance, something discussed earlier. Excessive masturbation is often deemed unhealthy, but that doesn’t mean that masturbating at all is sinful. It is about a limit, no matter what it is. Food is important, but overeating can harm or even kill you. Obesity is a massive problem in Western society (no pun intended) and the cause is obvious. We don’t fast anymore, because temperance as a core virtue has been lost. We constantly seek dopamine, distractions, pleasure, and so forth. This is all by design, of course. You must detach, seek temperance, and strike a balance. Fasting is the perfect representation of temperance: a golden mean between indulgence (overeating) and

starvation. You have to eat to survive, but that doesn't mean you have to eat every few hours.

Prudence is related to wisdom but is more about practical decision-making. It is about saving money, for example. You are probably familiar with those psychological quizzes that ask questions like: "Would you rather have 50 euro now, or 100 euro in two weeks?" A prudent person would always take the 100 euro, unless there is an undeniable exception that makes it evident that taking the 50 euro is the better choice. Someone with prudence can practice careful decision making, something that comes naturally once you embrace stillness.

There are other virtues, but these five are often accepted as the most common within ancient Stoic philosophy and society. (The other is piety, a reverence for something greater, something we discussed in the previous chapter.) Imagine a society where *everyone* embraced these virtues genuinely. Can we even imagine that? Imagine a truly just society, where we all stood against evil. Where we practised temperance. So many businesses would go bankrupt instantly. Where we practised wisdom, prudence, and courage every day. Where we would all help each other, instead of fighting each other. Where everyone contributed, in their own way, creating a beautiful harmonious existence, instead of struggling in a lonely, competitive free-for-all. Oh, how such blissful dreams soothe the mind…

Let's get back to reality. The key point is the understanding that we are threading a thin line. The essence of life is about harmony and balance, something our ancestors understood many thousands of years ago. We must not let hubris, arrogance, or corruption guide our hand. We must thread the line and walk on it, which can be difficult and scary because this line is very thin. However, it is possible. Start by understanding the five core virtues, and implement them in your life, through mindfulness, genuine practice, and self-improvement. It is okay to make mistakes. To lose your temper, to give in to temptation, to lack courage, or to act in injustice. We are all just vulnerable, flawed human beings. Making mistakes is how you grow, learn, and improve. Be conscious of your behaviour, and always aim to do a tiny bit better every single day. Be kind to yourself and your fellow humans. We are all just doing our best trying not to drown in the void.

Chapter 12: Escape our prison

When you dispel all the illusions and you can see reality for what it is, you can also see the world we have built for what it truly is: a prison. There are countless institutions, laws, norms, customs, traditions, expectations, and regulations that shape our existence. We have to stay within the box, something taught to us from a very young age and following us for all our existence. Those who conform well are rewarded, with degrees and high-paying jobs. Those who are the most unconscious, those who blindly follow norms, laws, traditions, authority, and those who have a soft spine, are the most welcomed into society, as they function as perfect pawns to serve the system.

Most people in this society are either pawns, rulers (kings), or asleep. Staying asleep (through addictions or relying on virtual reality to escape) is how you cope. Once you truly awaken and see the prison for what it is, does an overwhelming surge of insanity drive you to the edge of despair. Who accepted this? Who enabled this? The truth is that there is evil in this world, and evil can only thrive when good looks away, just like there can only be darkness in the absence of light. Someone or something has turned off the lights while we didn't pay attention, very, very gradually, and now, darkness governs. Those who do awaken probably feel this indescribable pain, loneliness, frustration, and despair. They may seek suicide or falter to addiction. This makes sense if you understand the true layer of pain this is felt. These wounds are *spiritual*. When you understand that we exist in a prison, and you wake up and wish to escape, only then do you understand the true pain that rises. Can we escape?

It is important to remember that this prison is self-made. There is no alien force, no divine spirit, and no, especially not Mother Nature who put us here. She wants the opposite. She wants us to return home. Anyway, it was human behaviour that shaped this prison. The kings who usurped the throne through violence or other illegitimate means, using a legion of yes-men to do their bidding. The millions of pawns, drones, managers, politicians, bankers, lawyers, judges, and other embodiments of this system all exist to upkeep it. Ultimately, they are all just human beings. We are not truly held here against our will, we just tell each

other that our way of living is ‘normal’ and that we cannot change things. We just have to accept things. Or, even worse, that our life is good and happy! Look at the technology we have! Only when you are truly blind or ignorant can you actually believe this society to be good.

This is not just about capitalism. Capitalism is just one manifestation, a very common one in the Western world. In the past, Capitalism did an excellent job of luring people into its golden cage, promising prosperity, freedom, and peace. In reality, all it did was trap us and force us into a life of servitude. However, what is now happening is that this golden paint is slowly coming off, and more and more people are seeing this society for what is actually is: a prison. For the first time in 400 years, people are waking up on an accelerated scale, which is extremely hopeful and promising. Capitalism forgot to recolour the bars. Did it run out of paint?

And no, communism is not the answer. Many people have sheltered views and only think binary. “Oh, you are against capitalism? Go live in communist Russia/China/Cuba then, and see if you’ll like it!” Authoritarianism is authoritarianism, it doesn’t matter if the hat represents a hammer and sickle, a monocle, or a swastika. A very important element of transcending is to see things beyond the confines of modern structures. To shift perspectives beyond the binary. This is intentionally made difficult, the system does not reward people who think outside the box. Black sheep are shunned or even executed, as they are the canary in the coal mine. When people observe black sheep, they begin to slowly realise that life *can* be different, and that you don’t *have* to conform to society’s expectations, laws, norms, and so forth. This is highly dangerous!

Genuine black sheep are rare, by design. Perhaps it is also in human nature. We are social animals, we feel safety in conformity, complacency, and in numbers. This is especially true for women, as most women always have an innate desire to *follow*, but this applies to men as well. Could you go live as a hermit right now, for the next twenty years? Abandon society and exist in isolation somewhere. Most people won’t last long. And we don’t have to, as being a hermit should not be the goal. The point is that we need black sheep, as they are our signs that we can do things differently. And of course, the concept of ‘black’ and ‘white’

sheep should be shunned entirely, just like the fact that we shouldn't question norms. A genuine intellectual questions *everything*, and encourages others to do the same.

The fact that humans love to conform has been abused in society to a level that goes beyond comprehension. All the laws, customs, traditions, and things we deem 'normal,' simply accepted by the masses, all apply here. Will the tradition of launching fireworks ever be erased? It can be outlawed, but that doesn't really matter: most people who want to play with fireworks around the end of the year will still do so. Fireworks will only become obsolete when we don't *care* any more. Will the norm of working full-time be erased and remembered as a lingering nightmare? Probably not any time soon. How about the marriage system? How many hearts, minds, souls, and families have been broken due to divorce? The legal system that heavily punishes men during divorce. These are just examples, as there are a near infinite number of examples that apply to society.

If this won't wake you up, then nothing will. Our entire society is shaped merely by laws, traditions, customs, regulations, expectations, institutions, and other similar structures. All of these form our prison. We defend it unquestionably, and we mock, ridicule, harass, or even murder black sheep. They are the outcasts, they don't conform so they are evil or crazy. What if we all became black sheep? *Who will safeguard the prison when there are no wardens?*

It is not clear yet how exactly we can escape this prison. Do we break it open? Do we look for a key? Or do we find an alternative exit? If more people wake up, then we can discuss and seek answers together, which hastens our escape. It is obvious that society does not want this to happen, which is why things like home-schooling are shunned, just as resisting work (living on welfare) are shunned or deemed as 'immoral.' Simply waking up and discussing our escape is already insanely important and a good first step. We can explore our next steps.

Breaking the prison means we completely shatter society, and we rebuild from the ashes. This will cause tremendous damage. Hundreds of millions will die, as society itself will collapse rapidly. If we no longer work, if we all *strike*, then society will crumble. When we no longer care about money itself, the blood will stop flowing, and a stroke will soon follow,

concluded by death. The beast is not immortal. We keep it alive. While this path is possible, it also causes the most damage, potentially lasting for millennia. Is this truly the most wise path? It is always an option, but perhaps best reserved as a last resort.

Looking for a key means we seek a way to radically transform. To leave this prison the intended way, and to build a new society. To gradually, over the many generations, shape and transform our existence into something better. This is the purpose of this book in the first place, so it may be biased. Is this the best way, or is it naïve? Even if it's a solid way, we have to look for a *key* to escape a prison without shattering it. It means we gradually change, transform, and heal society, through thousands of improvements, from UBI and better healthcare policies to addressing climate change, animal welfare, housing issues, work, competition, social cohesion, migration and borders, love, connection, family, and so many more factors. We re-shape society itself, one by one, because *we* as a collective have simply had enough. Money itself won't go away, for example, but we redefine its purpose: no longer a tool for power, but merely an intermediary in the act of trade, like it was thousands of years ago.

Finding an alternative exit means we break out without shattering the bars or opening the front door. Like digging a hole in the floor, building a tunnel; escaping on the outside. Just like in those old cartoons. This would probably resemble a massive number of people simply escaping to the wild, where we form small communes, communities, local farms, and so forth. Our lives would be much simpler and vulnerable, but we are still free. If enough people do this, society would gradually collapse (instead of rapidly like with the first path), which may cause it to self-correct eventually. Like an alcoholic who only stops drinking alcohol when the liver failure nearly killed him. This path seems reasonable, but the most unrealistic, as the overwhelming majority of people will not concede the modern comfort and way of living. Who knows, though. There are always alternatives. Never think binary.

Let this chapter serve as food for thought. It is understandable that even thinking of leaving or breaking society is radical, as it also offered us much comfort, stability, and so on. Yet, these are also all illusions, and they come at the massive cost of submission. Our way of

living is not sustainable or natural. The longer we remain in delusion, the harder the crash will be. Mother Nature will survive, but most of us won't.

Maybe there are other ways we can mend, heal, and change the course. Is there a fourth alternative? We could wait for salvation, from Jesus, aliens, or flying space whales, but let's not bet on it. Waiting for salvation is living in delusion. It offers comfort, but no rescue. You won't escape a prison in your dreams, you just think you do. Perhaps this is how actual prisoners cope the best, by sleeping and dreaming many hours per day. Who can blame them?

If you resonate with this chapter, that means two things. First, it is commendable that you're still reading this book. Most people who live in the modern era (this book is written in the year 2025) will barely comprehend the words, or will radically reject the words written in previous chapters. If you're still reading, you have pushed through, which is commendable. Even if you don't agree, you are willing to listen, which shows humility and patience. Respectable for sure. Second, you see the prison for what it is, and you also see, feel, and understand the true nature of reality, and how imprisoned we've become. That puts you in the 0.01% of humanity right now, probably. At some point in the future, this number will go up, and eventually, an awakening/uprising will occur. No clue when, but it will happen. It has to. Never forget that it is not a sign of good health to be well-adjusted to a sick society.

Chapter 13: Think much bigger

The overwhelming majority of people focus merely on their immediate surroundings and their own life. They focus on their work, hobbies, friends, families, and perhaps local community. This can be described as a ‘bubble.’ There is no shame in this, almost everyone has their bubble. Some are tiny, others are larger, but they still serve the same purpose. A bubble is how we disconnect. A bubble is how we temporarily detach and escape.

We have been forced into our own bubbles just to survive. We are disconnected from the greater good, as this greater good has become incredibly poisonous. We are intentionally being drained, suffocated, and numbed, just to literally not go insane. Conditioned from the start. Most people will never understand this, let alone admit to it. Yet, their addictions prove it all. Their unquestionable loyalty to the system that is maintaining our collective suffering proves it, too.

Think about it this way: if life was genuinely wonderful, inviting, meaningful, fair, just, warm, and beautiful—a garden of Eden here on Earth, then *everyone* would want to participate. We would shun all harmful substances, addictions, distractions, and so forth. We would be genuinely happy, at the deepest level, because we live in real harmony again. We are so far from this state of being that it becomes ridiculous to even consider. Modern life is synthetic, harmful, and an overwhelmingly fierce free-for-all, and we are told this is normal. Hard work is normal. Competing is normal. Submission is normal. Obeying the rules is normal. Working fifty years just to own a home is normal. Spending most of your income just to survive is normal. Absurd wealth disparity is normal. Dating is normal. Chasing hedonism is normal. ***THERE IS NO NORMAL!***

There are many more examples. Everything you think about our modern way of living is deemed normal, but these are all illusions, because there is no normal. Our world is simply changing and evolving. Take, for example, the process of applying and getting a job. You’ll have to through the arduous process of endless interviews and screenings just for a chance to get this job. Then you have to listen to a ‘boss’ or risk getting fired. We believe this

process to be normal, yet they weaken your position because you let others control your income, labour, safety, and even identity. This vulnerability has been key in making people dependent on the system. The amount of people who are self-employed or who can self-sustain has diminished rapidly. We cannot maintain a society with tens or hundreds of millions of inhabitants per region if every single person was ‘autonomous.’ It literally can’t function.

A lot of people also believe that life is ‘meant’ to be a struggle, not because life does that to you, but because it’s a part of growing up. In reality, this struggle just means competition between us: a synthetic fight where we all lose. It is perhaps still in our primitive minds that causes us to think this way. Life itself is competitive, and staying alive meant you had to work to survive. This is true for all life on the planet, and humans are no exceptions. But humans *can* be the exceptions, if we transcend our outdated way of thinking and we work towards a way where we collaborate, explore, and sustain a viable existence for *all*.

Only when we can think much bigger can we transcend. You really have to wake up, no matter how cliché that sounds. It is not that you have to ‘discard’ your bubble. You just need to be conscious of the fact that you live in one, as everyone does. Once we truly begin to heal will these bubbles dissipate on their own. They won’t have to be discarded, rejected, changed, repaired, or whatever. They will fade into nothingness: an illusion being dispelled.

In a healthy, natural, beautiful world, everyone would want to contribute. Everyone would want to participate, and understand limits. They would practice the virtues, because they comprehend the crucial role they play in shaping society. There would be no submission, coercion, fear, addiction, metabolic illness, or chasing hedonistic activities like browsing social media, playing video games, watching porn, gambling, eating junk, drinking alcohol, doing drugs, or anything else of this nature. *We wouldn’t need to cope because we are no longer ill.* Can you even imagine such a world?! This sounds like a pipe dream because we are extremely far gone from our natural state of being. There would be no bubbles to retreat into, because there is nothing to retreat *from.* Let these words resonate within you. See the true evil that is holding us hostage, but realise that we can break free.

We must think outside the box, see the true mystery of the reality, and slowly begin to understand it. This is the true purpose of humanity. Reaching higher levels of understanding, as a collective, is what consciousness even *is*. Isn't it? We are the universe staring back at itself. What treasures are lying in store for us?

Think about this for yourself. Being an autonomous thinker is intentionally rare, which is one of the main reasons for our suffering. We need an entire society filled with independent, critical thinkers, who cast their ideas and questions into the collective consciousness. We must always question, explore, experiment, and seek new ways to do things. Again, transcendence is not so much about *doing* things different, but merely about reaching true *understanding*. Stop coping. Stop distracting. Stop living in fear. Connect to the world. Embrace your consciousness. Use that mind of yours. We can do so much better.

How would we shape society when it comes to equality, meeting basic needs, and applying true justice to all? What would the legal and prison system look like? How could we ensure true fairness? How would we deal with criminals, psychopaths, and so on? The question of what 'justice' actually is has never been answered. There is no real answer. Countries across the globe have vastly different ideas of what justice means. Punishing criminals is very common, but the actual practice can vary wildly. Some countries put citizens in prison simply for possessing weed. Other countries still have the death penalty, and being homosexual can be a 'sin' punishable by death. Murder is extremely harmful, but some murderers serve no time in prison, while others serve multiple life sentences. We have no clue what justice actually is, as there has never been consensus, and the core virtue of justice is dead in our society. Think about it. What would truly be just and fair? Where is the golden mean between punishment and rehabilitation?

Is God justice? Some children are born with chronic illness or suffer from leukaemia and then pass away at the age of four, barely having had a life to experience. Is that justice? Religious people speak of justice, but they have no clue what it actually means. Is it part of His plan? There is so much injustice happening in our world every single day that you would have to be blind as a bat to genuinely, honestly believe that God – if He exists at all – is just. Maybe God has to take a deep look into the mirror. There is no panjective justice and

there is no divine righteousness. There is only nature, and the human condition. If *we* want justice in our world, then *we* are responsible for it. We are our own gods.

Ultimately, it is not even about the golden mean between punishment and rehabilitation. Finding this mean is good, but we can take it a step further. We need to create a world where the mere *thought* or *feeling* of acting in injustice is preposterous. Take, for example, an interaction between yourself and a young animal, like a puppy. Healthy human beings who interact with a puppy feel strong emotions like love, caring, and empathy. It is a deep-seated animal instinct to care for our young, even for other animals. However, we all have free will, and we can override this instinct. This free will carries *immense* responsibility. You can, for example, torture or even murder this defenceless puppy. It would be so grossly unjust to murder an innocent puppy that it is indescribably sickening, but who is stopping you? Nobody, except for yourself. We could all punish you afterwards, or even murder *you*, as a punishment for your crime, but did we really win? Did we, as a society, get ahead, or get what we want? Or did we just create more suffering?

We need to create a genuinely fair and just world, where the mere thought, feeling, or idea of being unfair is so outlandish, we don't even consider the possibility. Where we all intrinsically, honestly, and completely care for each other, other animals, and the planet as a whole with a deep sense of empathy, caring, trust, and love. Everything you give will be returned to you. Just like in your own personal life, you cannot be loved if you have none to give away. And this love can only come from within you, but the world, your environment you live in, matters substantially. The more dystopian our world becomes, the more unjust, unfair, and evil everyone inside it becomes.

A clear example when it comes to the loss of justice is what our current view of abortion is. In the Western world, abortion is legal and accessible, with arbitrary restrictions. As long as the abortion occurs between the moment of conception and an arbitrary date, it is legal. If it happens past this date, then it suddenly becomes illegal and/or 'immoral.' And these terms vary wildly between nations and cultures, again proving that there is no such thing as objective, subjective or even panjective justice.

In true reality, abortion is a highly nuanced, ethical issue that has no clear answers. We must admit that abortion means snuffing out the light of the unborn, like planting a seed into the soil of the Earth, but then removing this seed before it has a chance to sprout. It would be substantially more just if we simply deemed abortion immoral and illegal, unless there was an obvious exception (health risks or rape, for example). Abortion cannot be viewed as the 'plan C' of contraception.

Yet, in our modern society, a lot of women view it this way. They want to be young, free, and liberated, and have no issue sleeping around with many men during their fertile years. Not all women do this, of course, but it is a worrying trend. The truth is that having unprotected intercourse *always* carries a risk of pregnancy. Even protected intercourse has a tiny risk as well. Therefore, having sex is something that should happen with consideration, wisdom, and hesitation, and only with someone who you truly love and trust. Obviously, modern society is defined by nihilism, and very few people do this nowadays. We constantly seek intimacy and sex because we all feel a spiritual hunger, believing that this is how it can be filled. It really is no different from trying to earn a lot of money or constantly working out.

The consequences of this hedonism and nihilism is that a lot of (younger) women become pregnant when they aren't really ready for it, but they don't care because abortion is legal and accessible. Step back and reflect on this entire process. Is this justice? Is this ethical? Not to mention the fact that men are almost entirely discarded in this process. If a woman wants to perform an abortion, but a man doesn't want this to happen because he wishes to become a father, he's usually out of luck. Or alternatively: if a woman wishes to carry the pregnancy to term, but the father of the unborn child doesn't want this to happen, he's out of luck as well. He can't just walk away. He may physically walk away and not raise the child —and most legal systems do allow this—but he still has to pay alimony for many years. He is bound to support a child he didn't really want, and this is beyond his control. Ultimately, both parents are responsible, as you only create new life when both of you are involved. That's why it's so important to understand the risks and consequences of your actions.

A few things need to change: people should stop randomly sleeping around, and understand that any time they have sex, there is a risk of pregnancy (the risk factor just varies). Abortion should be deemed illegal and immoral, but be open to certain exceptions if the circumstances call for it. And men should have a say in this process too, since conception is the result of an interaction between a man and a woman, even if only the woman carries the responsibility of pregnancy (and we should respect and care for her during this process).

Another example surrounding justice and fairness will be when it comes to our education system, something mentioned earlier, but crucially important, hence the repetition. We need to enable independence, critical thinking, and creativity. It is extremely obvious that our current education system merely serves to mold people into shapes: fit to do only one thing. This is by design, but has to be changed. Of course, young children need to be safeguarded in a sense, we can't let them roam literally free. But young children have such beautiful curious minds, constantly asking questions, constantly wondering 'why' and constantly exploring the world at their own pace. This is the true beauty of acquiring knowledge, and it is the greatest disgrace that this is being stifled. Let young children learn at their own pace! Let them ask questions, don't silence or shun them. If your response to a young child asking questions is frustration, that says more about you than it. A true parent doesn't just 'protect' or 'raise' their child. A true parent *guides* their child. Guidance towards maturity, self-reliance, and understanding. Respect for autonomy and individuality. This is so evident when it comes to learning how to swim, for example. A young child who learns to swim for the first time will probably struggle, although some of them are gifted swimmers. As a parent, you should watch your child, and make sure nothing goes wrong. But you can't swim *for* your child, obviously. Show your child how it's done. Teach, then guide, then simply observe. Before you know it, your child will swim on its own.

Acquiring knowledge should come this way. We should share knowledge and guide others, but respect their autonomy and be open to different ideas. Of course, some things in the scientific world are simply undeniable. You can question the nature of gravity, but you will come to find that it is a true law, no matter what experiment you perform. You can ponder if 1+1=2, or if it is something else. It may sound stupid and obvious, but let people ask these

questions. Don’t think *for* them. Let them ask ‘stupid’ questions. A healthy mind will find the real answer on its own.

The abuse of the education system is one of the most critical elements of our misguided way of living. We don’t teach new generations to be independent, different, autonomous, sceptical, critical, or even creative. They must conform if they want to ‘succeed’ or else they are discarded. This does so much pain on so many levels that it is the biggest crime of humanity. Socrates would be turning in his grave.

Always ask questions. Never assume anything is true just because someone or something said so. Use your own mind. Don’t be limited by your cognition. Dreams are infinite. Do you even understand the difference between a dream and reality? Between life and death? Between your own mind and the collective? We think we do, but we don’t know anything.

Perhaps one day, we will reach a critical breakthrough and truly understand what consciousness *actually* is. Who we are, what our mind is, what reality is and where it all came from, what happens after death, and if God exists or not. These questions are out of reach, maybe for millions of years still. The point is that we should keep looking for answers, and not deem them ‘impossible to know.’ Only when we can think much bigger do we understand the true purpose of humanity. We are children. And children love to do one thing: ask questions.

Chapter 14: Dream of stars

A lot of people have had dreams about space exploration at some point. Indeed, some of the most popular pop culture franchises – Star Wars and Star Trek – are all about living amongst the stars. There are many more examples, countless movies, video games, books, songs, and so on, about ‘going to infinity and beyond!’

While these dreams and aspirations are beautiful and noble, we must not forget a few lessons. First, we are never leaving our home behind. Just as if you’re going on an adventure or vacation, you are not burning down your home before you leave. We must not view our planet as merely ‘one of’ that we can extract, exploit, and completely drain of all essence, before moving on to the next planet. If we ever reach a level of power that enables us to achieve this, then it has to be wisdom and piety that prevents us from exploiting that which sustains us. Do not burn bridges, and respect our home, even when we go away for a while.

Second, we are *explorers* in this vision. We embrace the unknown, we discover what lies beyond, and we finally begin to understand the deeper layers of reality. What is dark matter? Is there life on another planet? Can we travel faster than light somehow? Can we create indefinite energy? Exploration of the unknown and getting slightly closer to difficult questions is genuine beauty, as it is the search for the truth. However, we must never get arrogant. Ultimately, fundamentally, we are children asking questions. We don’t know anything. Be humble.

Only when we come face to face with God, whatever it may look like, will our journey be complete and have we reached true omniscience. And this God may not even exist, meaning the journey is genuinely unending. Therefore, it is not the *destination* that is relevant, but the *journey itself*. We expand our knowledge, very gradually, just like how you master your subject of choice by reading and studying many hours. You don’t instantly master algebra. You can’t sleep during all classes and then expect to get a perfect score on the final test. Knowledge compounds *gradually*.

As we begin to shift our perspectives and we discover answers to questions that were lying in the dark for aeons, we must not forget this understanding. Every step along the way matters. We rely on each other and we have to *share* information, freely, openly, truthfully. We must always be humble and never assume we have 'the' answer. Just like any scientific theory that we have accepted today, they are ultimately just a representation of our *current* way of understanding. Things like gravity, evolution, the speed of light, the wave-particle duality principle are clear examples of this. They are all solid and grounded, with a ton of scientific research and evidence to back it up. However, there will no doubt be a period of time in the future that unlocks an entirely different tier of understanding, which may cast doubts on our current understanding of things. That doesn't mean that they are *wrong* – evolution won't suddenly be disproven by creationism – but it means that we add more pieces to the puzzle. The theory of evolution is solid, backed by evidence, and very likely the truth, but it is still just a puzzle that is not 100% completed.

The key in progress is to dream medium or big, but to always take minor steps. This applies to any progress. If you wish to become a skilled pianist, you don't wake up one day and begin to play like Mozart. However, you can change and improve, by setting a goal for yourself, having a vision, and taking tiny steps every day. While being as skilled as a genius seems out of reach for most, you can improve your own skills. And just enjoy the process, as this is where true joy is found.

The same will be true when we dream of stars. Colonisation of different planets or even reaching different galaxies *can* be possible in the far, far future. There is no law in the universe that states we are bound to Earth. Yet, this technological, scientific, and philosophical progress has to be tempered. A major flaw in our modern society is that we genuinely don't care about things that are *right.* We let greed consume us. The poor may suffer; who cares about them. We don't care about our future or learn from our history. We let hubris, fear, doubt, anxiety, and arrogance guide our hand, distorting our vision; creating a dystopia. Only when we make tempered, conscious, morally right decisions for everyone can we shape a healthy path forward.

It all comes down to the virtues, something our ancestors figured out long ago. If quite literally every single human on Earth understood and integrated the five key virtues (and stillness and piety) in their lives, our society would be so dramatically different that it goes beyond comprehension. That's why we have to *transcend* ourselves, to a new level of understanding of all things, including ourselves. Once we find truthful answers to the questions of 'who are we,' 'where are we,' and 'where are we going' do we shape a path towards true enlightenment. We will still be animals, as this is in our very essence, but we can shape our own destiny.

There will be many obstacles and difficulties along the way. How do we generate enough sustainable energy? How do we shape control, order, and hierarchy in a fair way? Will we ever reach true unification, or will things like culture and ethnicity always divide us? Difficult questions for sure. But it's okay to dream. It's okay to ask questions. If we could take away one timeless piece of wisdom from Socrates, is that we don't know anything and we should always keep asking questions.

Nothing is above scrutiny. When we reject censorship for the monster it is, only then do more doors open up to us. It is a sign of character to be open to free speech and to face counterarguments to your stances. If they have a solid foundation, they will survive. If not, maybe you should let it crumble and change your mind. We need to rise above these strange ideas that things are 'sacred' or 'an absolute truth.' It does not matter if this is God, democracy, science, net worth (the idea that someone with a lot of wealth or power is more correct), or the idea that the more views and likes something has, the more true it is. These are all biases of our own insecure minds.

The truth will only be revealed when you think for yourself. This sounds much easier than it is, because the truth can get uncomfortable and painful. We love to embrace comfort; to live in delusions. If you are 'healthy at all weights' then you don't need to change a thing. Live and let live! Body positivity! Until a stroke claims your life at the age of 38, finally releasing your tortured soul from its body-prison. *Think for yourself.* It can save your life.

Dreams are a bridge between what the soul wants and what the self does. Listen to your dreams. Don't view them as infantile delusions or some by-product during sleep. Dreams

are the real *you* having a chance to speak. Dreams are within you, not reflected through the mind, as is true for anything that exists outside the self. Anything in this reality is filtered through the senses and the mind itself, to give a representation of what is happening in reality. Colours, smells, sounds: they are not actually *real* things, just our mind's interpretation of something. Vibrations, wavelengths of light, or whatever else. We can't *know* actual reality, because it is out of reach for us. However, what happens deep within us is different.

Dreams, consciousness, and self-knowledge are abstracts that cannot be fed to you. They cannot be extracted from the outside world. They happen *within* you, and for that reason, they are real and different. If you suffer from nightmares frequently, your soul is telling you something. If you dream of paradise, of freedom, of real love, of nature, then your soul is yearning for what it wants, but lacks. This is probably almost all of us right now, to be honest. Dreams are, in one word: *beautiful.* Don't reject them. Don't suppress them. Listen to them. They are a bridge within, from the conscious self to the subconscious self. There are few ways to even reach this depth of your soul, perhaps art is another way. Only when you fundamentally understand all of this do you reach a deeper comprehension of the self and of reality. There is more to reality than meets the eye, or mind.

The fact that we can dream is evidence that consciousness is real, and vital, in all of us. Only the most unconscious among us cannot dream, as this is obvious. Those with a lower consciousness cannot dream. However, even animals like dogs can have dreams. You'd have to sink real low to never have dreams. Like a machine.

It all boils down to respecting limits and listening to dreams, and acting with wisdom. We can change, we can progress, but this has to be incremental. Respect limits to energy, understanding, and progress itself. We don't need to force a damn thing. There is no deadline to landing on Mars. It may happen in the year 2030. It may happen in 2100. Or it may happen in 3000. It doesn't matter. We are ready when we are ready.

This philosophy is fundamentally key in shaping our path, not just to space exploration but to all progress. We need nuclear energy, or perhaps even better ways, to supply ourselves with energy that is sufficient and sustainable. However, that does not mean we just start

building reactor after reactor without caring about what might happen. We slowly, gradually, shift our demands and needs, while respecting boundaries.

People need to slow down and reflect much more often. When you live on auto-pilot, it goes wrong quickly. This applies to everyone, regardless of status or your position in society. You cannot live with virtue without thinking and self-reflecting. As we have learned when it comes to breaking cycles or dealing with trauma, the solution is to stop living like a drone. You are *not* a drone. You are no machine, or slave. You are a conscious human being. Do you feel the power?

When you learn how to deeply meditate, you unlock jhana within you. This is different from merely doing breathing exercises or practising mindfulness. When you are within this state, you lose all sense of self and you relinquish all control, and this feeling of freedom cannot be described with words. When you exist in this moment, you connect with the infinite. You can *feel* a connection between yourself and something larger than what is known, or merely is. Is it God? Is it nature? Or is it your subconscious mind playing tricks on you? Regardless, this feeling is so eccentric that there must be an explanation for it. Perhaps this is what true liberty is like. Merely being whole, the self, the world, and all that is, deeply interwoven and connected at the deepest level. Let your echoes flow, freely and authentically. In here, we are infinite, like a beautiful dream. Can you dream with me?

We can dream of stars, representing the endless potential that is lying in wait for us. Stars are the true source of life, both literally and metaphorically, and it would be an indescribable leap if we ever set foot on a planet in another solar system. This dream is not impossible to realise, it just takes time, temperance, wisdom, and patience. When we apply virtue to our very existence, we can do anything we set our mind to. We may even touch the stars.

Chapter 15: Embrace our legacy

Everything in this universe is connected, from entanglement at the quantum level to the very galaxies that flow together through space. It is a delusion or lack of capacity of the human mind to see things independently, especially its own existence. This is specifically true when it comes to DNA: our fundamental architect. Everything that is alive on this planet is connected, designed, and created by this architect. Humans are just one part of it. In the past, we understood and embraced this. However, it seems that our arrogance has grown so big that we actually believe we are not a part of reality itself. That we are not animals, created by the same mechanism, but that we are 'different' somehow. How can that even make sense? Obviously, everything is connected.

Stars are the true origin of life, as it is the very molecules that arose from the supernovae of stars that opened up the door towards the creation of life. Our true legacy, therefore, lies within the very stars themselves. This has been scientifically verified, although we didn't need science to understand this already. Embracing your true origin to the universe inspires a deep sense of awe and humility. We are stardust. And so is everything else on this planet. Such wonder and beauty.

It is so crucially important that we all feel, see, and understand our connection between ourselves and all things. If we *felt* this connection, we wouldn't be defiling our planet so much, mock our ancestors, or think that life does not matter. We merely play our current role in the grand scheme of things; one chapter in the story. Yet, it is vital all the same. A book is not a random series of words; it has an overarching story, connected through chapters. Life works the same way. Evolution is real, and it is the mechanism that gave rise to the variety of life we see around us. One million years from now, everything that is alive will be indescribably different from anything alive today. There will still be ancestors, of course, but the actual lifeforms are different. Do you ever dream about what new species will look like?

Everything in existence flows. Time, life, water, evolution, consciousness… Everything is in motion, and everything is bound together. Seeing your existence as a part of this flow, like a drop of water in a grand river, inspires reverence, humility, and beauty. This is also why we don't need to shun change or evolution. Let it flow! However, we still have the power to make changes, which means we also carry an immense amount of responsibility.

Do you ever consider what the real difference is between humans and other animals on Earth? It is not in our DNA, really, or in our essence of being. It is not the evolutionary roots, or the fact that we have two legs instead of four. There are so many more similarities between animals than there are differences. Most animals have eyes, organs, and blood, just like we do. No, the real and only substantial difference is that human beings have disregarded *natural* limits. Somewhere, somehow, our minds outgrew the natural bounds, like a rat breaking out of its cage. This becomes very evident when you compare our existence, the way we live and how we feel, think, and ponder about the world, compared to how our ancestors did many thousands of years ago. It's all been about constant growth, consumption, and especially control. We couldn't accept natural limits. We couldn't accept stillness or just accepting life as it is. We had to *dominate* this planet. This is the only real difference between us and other animals.

Observe how animals exist in the wild, regardless where on Earth. Animals don't need to dominate their environment. Animals don't create institutions to put other animals to work or control them in similar ways. Animals do fight for resources and mating partners, but this is within limit and reason. A chimpanzee doesn't hoard a million bananas and then make other chimpanzees work many hours just to get a few of them. A chimpanzee that lets greed control his life will – quite literally – get murdered by his peers.

Animal populations within any natural environment are also in harmony; in balance. If a group of animals would randomly massively overpopulate, the environment would become unsustainable. A population of one hundred thousand deer cannot sustain a population of a million tigers. As we have learned, everything in life is about harmony and balance, and nature does this autonomously. Perhaps this is why human birth rates are finally

plummeting: we have crossed our limit beyond a critical point; our existence cannot be sustained like this.

This does not mean we have to surrender, massively commit suicide, or become vegans. We just need to understand the natural order, our limits, and respect balance. This is so obvious at a personal level. Any one who is obese right now has disrupt the natural balance – they ate much more (frequently) than their body needed. The way to restore the natural balance is to fast. You've had enough, now it's time to pause for a while. Or, as another example, understand the fact that you don't *need* to have children of your own. We think we do, and this is part of our biological imperative, but also due to societal conditioning. You don't need to have children of your own if you don't want to. Having children in your life when you aren't ready for them will ruin you and your family. Be wise.

Telling someone who is obese that they need to lose weight is not nice. It may hurt their feelings. But we all know that it's *true*. And this is the difference between being real or fake. If you are obese, those who love you will tell you that you need to change. On the contrary, those who tell you that it's all fine and other's shouldn't judge you for your size, secretly hate you or don't care about you whatsoever. We care about our loved ones, and if they are suffering (physically or emotionally), we wish to help them heal. And yes, the truth hurts, but this pain serves as a teacher, making you stronger and more wise. Kill your ego, and listen to the truth.

This disruption of balance also explains why billionaires can even exist in the first place. They exploit, abuse, and gaslight millions of others, and we don't fight back because we are trapped, confused, and defeated. Of course, it's not the literal existence of billionaires that is the issue (and we should not advocate for murder), but it's the *system* that enables the rise of a billionaire in the first place. If all billionaires were to go extinct, and even if we were to redistribute their hoarded wealth, we would be back to square one in just a few hundred years if we don't change the system.

This is one of the main differences between our ancestry and our modern way of living. The quintessential thing about life is harmony, and we have disrupted it. Everything else follows: massive (wealth) inequality, unhappiness, discontent, futility, mental illness, and even

suicidal ideation. Why do you think something like ‘mental illness’ doesn’t exist in the wild? It is so crucial for all of us to understand our ancestral legacy, and to learn from the wisdom of our ancestors. We cannot sustain infinite growth, by definition. We should not accept the injustice and absurd inequality that exists in our modern societies nowadays. Hierarchy is acceptable, but what we have created right now is beyond all reason. We need to implement a system that is fair, sustainable, and meaningful.

Do not focus on the symptoms. Changing a political party or murdering a billionaire won’t bring meaningful change. Most people have heard of the story of Luigi Mangione, the prime suspect in the murder of Brian Thompson. Thompson was the CEO of a healthcare insurance company that was notorious for denying insurance claims for its patients, leading to illness, suffering, and death. It is not random that Luigi Mangione’s action was celebrated by millions of people. Ultimately, it was just a *symptom* of what is going wrong. And let it serve as a lesson for the most powerful and influential in our world: don’t live a life where your death will be celebrated by the masses. That’s when you know you truly lack all virtues.

If you understand this chapter (and the rest of the book), something hidden opens up to you. Like a dormant spirit awakening from its deep slumber, finally being awake. And then you probably feel a profound pain and terror within you. This is the real you, opening up to the truth and the world we have shaped. You understand the defiled water we are swimming in. Please, do not fall back asleep, drowning in substances or hedonism. You have to stay awake, and *fight.* When a significant number of people do this, only then can we open up the door to bring significant change, healing, and meaning back to our world.

It’s all about awakening and understanding. See the connection between ourselves and nature, and even the wider cosmos. Be open to the deeper, more spiritual truths in our reality. We don’t actually know anything yet, but that does not mean we have to stay ignorant. The true purpose and path of humanity is to explore, to learn, to transcend. This can be paced, slowly and gradually. Never let someone or something rush your existence or bind you in chains. When we let each other truly breathe, explore, and ask questions, and

where we live in harmony, compassion, mutual respect, empathy, and connection, will we live again.

The greed has to go first. We can scrap money, eventually. Money is the blood of the system; our most powerful carrot on the stick. It won't happen overnight and it doesn't have to. We just have to gradually weaken the role and influence of it. The fewer people actually care about chasing it, the easier this becomes. Think about this: what does society have to offer us when we don't care about money? If we could self-sustain and provide our basic needs, there is no need to work, or to consume, or to get insurance, or drive a car, or go on expensive vacations, or buy substances, or to seek promotions, to constantly rush, compete, abuse others… There cannot be a billionaire or CEO or another 'influential' person if there *is* no money. It is the strongest illusion of our society, enabling a fake idea of power. It is especially the richest people who are typically the most stupid, evil, corrupt, and immoral. It's by design. This is why the most empathetic, moral, virtuous, and honest people in history lived in poverty or rejected money entirely. All that is good in life – truth, beauty, love, understanding, freedom, happiness, peace – cannot be bought or sold, only *shared* or found within.

There are so many other things that also have to be scrapped, mostly described in the first three chapters. They won't be repeated here. Repetition of the same ideas has become a bit cumbersome at this point; you might get sick of it. It's understandable, but necessary. You really have to grasp these ideas and store them in the deepest core of your mind. This book is not something that you just read for fun. This book can only shatter your worldview, break your ego, and change your mind if you open up to it all, hence the repetition.

The point is that we have to embrace our legacy. See the connections and the bigger picture in existence, which gives you a deeper sense of understanding of yourself and our modern way of living. Learn from the lessons of our ancestors. Always be open to different perspectives and new ideas. Never stop asking questions. And see what is truly beautiful in life. We can reconnect; shaping a beautiful, harmonious existence once again.

Chapter 16: Enter the void

Man still barely understands the nature of his existence. The fabric of reality itself, where it came from, or the fundamental question of *why*, are all out of reach. This is quite sobering and unfortunate, but you can also view it differently. The fact that we still don't have proper answers to these difficult questions means we have a clear path forward. What if we did find the answers, one day? The quest for knowledge, not just facts, empirical data or otherwise, but the search for the *truth,* satiates a hunger that cannot be found anywhere else.

It seems that there is something intrinsic inside our very minds that seeks knowledge, understanding, and inquiry. The fact that we cannot accept things for merely 'being as they are' is really the ultimate cause of modern human development. However, life is not just about merely 'accepting' it, just as it is not about always seeking answers. It is about both. We have the power, consciousness, curiosity, and tools to explore and understand reality. And this is important and purposeful. What we have learned by now, hopefully, is that this has to be tempered, limited, and understood.

As stated a few times already, life is a duality between light and dark. Between happiness and pain. Between healing and growing. You can use any perspective you want, it all leads to the same answer. There is only one truth in reality, a unification, a 'oneness' that explains all of reality. Everything we have discovered so far, scientific or otherwise, are all streams that lead back to the same ocean. One day, we will reach higher up, and see the entire ocean, and all the rivers that stream to it. Do you see the *one*?

The void represents the unknown. The infinite possibility of all things. We don't actually know what is possible and what is not. Try to explain what a computer is, and how it actually works, to someone who existed three hundred years ago. You can't even begin, and he would just call you a wizard or something. The same is true for a vaccine, an airplane, a car, or a factory. This is why it is impossible to predict what is actually *possible*. This universe is like a sandbox, and something is only actually impossible if it breaks a law of

the fundamental forces of physics. If it does not, then it is possible. We just need to understand how, when, and why.

In the relatively near future, we will have entirely new technology we can't even begin to fathom right now. Artificial wombs, advanced supercomputers, gene manipulation, 3D printing food, immortality, invisibility: who knows? The key issue is that we have to keep a sense of *control* over our technology, or it will quite literally devour us. This does not mean we need to destroy technology and never progress past sticks and stones. We just need to understand what the hell we are actually building, maintaining, and using.

This infinite void represents the side of 'growth' and 'dark.' There is still so much to understand, learn, and discover about ourselves and the universe, and we must step in to the dark if we wish to make any progress whatsoever. This can be scary. Finding uncomfortable answers for difficult questions can be unpleasant, like finding out that you are pregnant when you're not really ready for it yet. But if you've been impregnated, do you really wish to remain in ignorance until it becomes obvious to all?

These lessons apply to individuals just as they do to our collective human society. We must temper growth with patience, just like you must balance work with rest. Do not shun the work, but do not let it overwhelm you. Some people learn the hard way that 'grinding your way to the top' leads to nowhere except burnout and unhappiness. That doesn't mean that work in itself is harmful. Useful work, of course, not sitting in some office cubicle pretending you aren't wasting your life away.

Talk to the void. Just like with facing your inner fears, the unknown, or unknowable, is not actually that scary. It's a mystery: a hidden treasure waiting to be uncovered. Only when you start digging will you find what lies underneath. Sure, sometimes the treasure chest is empty, or their answers just lead to more questions. That's also okay, as these questions and answers also expand our knowledge.

Is the universe infinite or not? What actually happens inside a black hole? Is there a multiverse? Can we harness the power of an entire star, to fuel a fleet of starships—sailing across the sea of space? Will the universe come to a close? Is there a God? Where does consciousness come from? Why does reality exist? Why is all matter made of atoms? What

happens in the quantum realm, exactly? These questions seem out of reach (because they are, for now) but that does not mean they are ‘uncomfortable’ or anything of that nature. They are treasures, hiding beneath the sands. Let’s start digging.

To make this a bit more simple, let’s apply it to your personal life. Let’s say you want to do something new, for example you want to start playing a new sport. You want to pick up tennis, but you have no experience, equipment, or partners to play with you. So, do you just give up? Do you sit in your room and gaslight yourself into thinking ‘I don’t really wanna play tennis anyway’? Or do you enter the void, put in some work, and make it happen?

While it is true that the universe is highly ambivalent and random, and your behaviour very rarely genuinely impacts something, this doesn’t apply that well to the smallest scales. Any one can change behaviour, learn new things, and open to new perspectives. The only way to never change is to never try. If you want something, you need to – at the very least – take steps towards that something in the first place. Rejection, hardship, failure: all normal parts of life. The pain of rejection or failure can strengthen and shape you, making you more resilient and mature. And eventually, hopefully, you achieve your dreams. And sometimes you don’t, but at least you’ve made progress, discovered yourself, and grown. Isn’t that the point?

Just like with threading the line, facing the fear, and accepting stillness, humankind must embrace the void with humility and curiosity. Things *are* possible, we *can* achieve the unthinkable. We can sail across the universe, discovering worlds unknown; learning more about reality as we go along. So long as we live with virtue and we do not let ego, hubris, or greed take control, we can make our dreams a reality.

Chapter 17: Life just is

Life just is. Three words that resonate throughout eternity, from the moment of creation until the moment of complete entropy. By embracing the core wisdom that we don't fundamentally control the universe whatsoever, we relinquish a need for dominance. This is so evident on the small scale. How many of you struggle with dealing with the loss of a loved one? If a parent passes away, it doesn't matter what you do, nothing can return the body to life. The only truthful answer is that you need to *accept.* You had no control. Life did what it felt like, and we don't know when we draw our final breath. This applies to everyone. Of course, losing a loved one hurts deeply, and you are allowed to grieve in whatever way works for you. None of what is said is intended to be disrespectful, it's just the truth.

Understanding that we have no control *over* life is essential. If life is like a show of theatre, we are just puppets; we don't control the strings. As mentioned several times earlier already, we are just explorers; children asking questions; animals existing in nature. It does not matter *how* you view it, it all coalesces to the same conclusion. *Life just is.* It is so painful to realise that humans became afraid of existence itself. It seems that the evolution of our brain has caused more harm than good. A brain that evolves beyond the mere primitive, instinctive way of living experiences nothing but fear, doubt, anxiety, and pain. It does not *understand* reality because it cannot fully do so, ever. If our ancestors simply understood this perspective, and we never let go of it, we wouldn't be living in such a dystopia right now.

Life is a journey, where we all go through it in our own vessels. Isn't this obvious? Some of us suffer from a terminal illness, and we pass away before reaching adulthood. Some of us live a life of crime, others live in isolation, and some care most about family, religion, working hard, being artistic, or whatever else. There is no objectively correct way of living, there is only your own journey. This is why trying to fit in to something that does not work causes mental illness. Society massively enables and encourages this, of course, hence the widespread epidemic of mental illness nowadays. *You have to shape your own path in life.*

Your consciousness is your means of exploring this reality. There is nothing more to it. Like all other animals, we are born, we survive and exist, and then we die. Why did human beings feel the need to reject this humility?

It is all about understanding. You must transcend that primitive mind in you and understand the *true* nature of reality. The universe is a mystery and your mind is your own. There can only be genuine happiness, meaning, and stillness if you shape your own life and you do what feels right. It is not random that the overwhelming majority do not do this (even if they think they do) because of the misplaced system we find ourselves in.

Once you detach, once you let go of everything, once you embrace true stillness deep within the core of your mind, will it all make sense. An epiphany that some people never reach, living their entire existence as a sleepwalking drone. We are being controlled by something within ourselves. This is the real reason why you are unhappy and feel no purpose and meaning. We *cannot* control life or others, as the only thing that guides our life is our real selves. The terms ‘boss’ or ‘employer’ or ‘king’ or ‘manager’ or ‘ego’ are all disgusting words for the same reason. The transition from our ancient way of living to our current way has all been about control, with fear being the driver and our consciousness being asleep.

We cannot change much right now, because you will understand that changing this ship will take thousands of years, probably. But what you can do right now is reach this understanding of stillness. You play a part in life; you don’t control it. You are alive and you have a consciousness; the most mysterious and beautiful gift in all of reality. And there is still so much to learn, discover, explore, and *understand.*

We must also embrace this enlightenment as a collective. We need to shape and change a lot, and this is within reach. Nevertheless, when we encounter something that seems impossible or doesn’t work, we need to just pause for a moment and reflect. Is this ‘thing’ truly impossible, or do we need to shift perspectives? There is no need to let our emotions take control if something fails or goes wrong. We can reach acceptance instantly, learn from mistakes, and try again in a different way.

Perhaps all of this is extremely naïve. It is not likely that a majority of mankind will ever reach this state of enlightenment. Most people are simply primitive animals who let fear,

anxiety, regret, and rage control their existence, and they drown their subconsciousness with substances until they are truly numb to life itself. This abuse of our fears and desire for control has been the root issue in all of society right now, and it upkeeps our suffering. Being unable to simply *accept* everything for what it is, including yourself, nature, the world, and our emotions, is what caused us to be in this mess to begin with.

This is so obvious when you think about it. How many people struggle with regulating their emotions? When they are being bullied by their peers, they have to bully them back, or let their negative emotions and feelings of self-doubt overwhelm their mind. When their partner breaks up with them, they need to cope, or handle their pain on the emotional level (because they don't know any better). When a loved one passes away, some people need *years* to deal with this loss. Even worse is that some people are going insane, quite literally harming themselves, others, or animals, for no reason. Think of all the violent or sexual crime that occurs every single day. The overwhelming majority of people in this world are trapped, confused, or just drones, because they can only operate at the emotional or psychological level. An extremely tiny minority has reached the spiritual dimension, and even fewer can see beyond this realm as well. Can we transcend?

What causes this difference? Why can only a handful of people understand the true layer of reality, while most cannot? What made people like Jesus, Einstein, Nietzsche, or Buddha so different? It's all about understanding and accepting, but why is this so difficult for most people?

Regardless, we cannot change everyone. If you are still reading, you will already experience and feel a shift in your mind. Everything so far has been about understanding life, the world, and yourself, crucial pillars in finding your place in this wilderness. We cannot exist in true meaning and happiness right now, as this is simply made impossible. But we can accept life as it is, this timeline and existence as it is *right now*, and embrace stillness. Just like if you were to be stuck on an island, you don't know when or if you will be rescued. You can start to swim towards the shore, but this will be scary and you will likely drown before you reach it. However, the worst you can do is exist in a perpetual state of anxiety and fear about your situation. Simply accepting being on the island, something beyond your control, offers

peace of mind. When you start to view this ‘island’ as our entire existence right now, will it all make sense.

We are so confused right now that when someone like Dr. Peterson tells us to clean our room, or to pet a cat when we go outside, we cling to his advice like our life depends on it, and we worship him like our new messiah. So many people yearn for purpose, but they cannot find it. We have destroyed it. We are servants to a system that is beyond our control or understanding. Seeking to be free, and to live a meaningful, peaceful existence is intentionally made difficult, like trying to swim to the surface when other people are pulling at your legs.

Fortunately, there is a way to break free; to shake off these relentless hands, and to swim to the surface. You must simply understand that nobody and nothing controls your mind – and therefore your life – except for *you.* You are not your mind; you *control* your mind. You are not the voice in your head, you are listening to it. The real you is somewhere within you. This is the real you, wishing to be liberated, to reconnect to the infinite, to understand everything, to embrace love, beauty, and understanding. You can do it. You can break free. Be yourself, and never let anyone or anything control you. So many people live in fear, and the mere thought of being different or breaking a norm terrifies them. People who are *genuinely* free, autonomous, and different, make the sheep among us tremble in fear. Be the person that instils fear into the most spineless among us. Not to bully them, or harm them, but to make them understand that you *can* be different and free. To be yourself. Let your consciousness flow towards wherever it wants to go; a reconnection to the mysterious realm it came from. Be infinite.

Never forget the timeless wisdom that life just is. Everything in your life merely unfolds, your decisions only forming a tiny part of it. Accepting both the light and darkness, the good and the bad, the life and death of reality, brings you closer to true understanding. Life can be rough. Suffering is a part of it, and we never have full control. Yet, life can also be beautiful. The light of the sun illuminating and warming your face, the hug from your partner during those rougher days, the clean air that fills up your lungs, or your cat sleeping next to you. The cool breeze thrown into your face as you walk on the beach and you just live in the

moment. Embracing the beauty and mystery in all things, that you are not *observing*, but that you are *a part of*, unlocks pure serenity, a state of equanimity that can only be resurfaced from within. Life is a rough journey, but we can keep on sailing, accepting whatever happens, and only controlling what we can. *Feel* these words, and be free.

Chapter 18: Sands of time

The sands of time are gentle, yet extremely powerful. These sands can erode mountains and even give birth and death to the stars themselves. Time is something inherent to reality, yet difficult to explain. We know, feel, and understand that time is real. Entropy and disorder are real, and time only flows in one direction. It can be slowed down, but never reversed or altered. Seconds, minutes, hours, days, and years are not real: these are just human concepts to, once again, try to bring order to the chaos. A ‘second’ by itself makes no sense, as one second would be a different unit of measurement on another planet, or when travelling at high speeds.

Time is the sand in the hourglass. It binds everything together, from start to finish. History is only real because of time. You only grow older because of time. You are only aware of your own mortality due to time. This concept is yet another thing human minds *barely* understand at all, and a lot can still be discovered. We can reach a higher tier of understanding about time the same way we do with everything else: one step at a time.

Time is connected to space. This is the reason why you cannot teleport, for the same reason you cannot freeze things in time. You cannot go back in time, for the same reason you cannot ‘unmake’ space. Space and time are the same fabric. It is not a dimension *in* reality, it is a dimension *of* reality. Height, depth, and width are dimensions: time does not belong here. How often do you read some pseudoscientific article about how ‘time is the fourth dimension’? Remember, it is crucial to always think for yourself.

As of our understanding right now, all of reality can be broken down into four pillars, and the fundamental forces that govern them. These pillars are: matter, energy, space, and time, and their dark variants. Space is the stage of the universe, it is where everything happens, and wherein everything, as we know it, exists. Space can bend, curve, and extend, like a fabric. Yet, space cannot be scaled down or reversed. Space and time are the same fabric, something we call *spacetime.*

Matter is all that is made of ‘things’ (molecules, atoms, and the subatomic particles), which can combine to create a nearly infinite number of objects. Energy is a flow that enables things to change or transform something into something else, like burning a candle, generating heat and dissolving the wax of the candle itself. Energy is not always invisible, as heat, light, or radiation can be visible to us (with the help of tools). As Einstein showed us, these things are much more connected to each other than we initially realised. Matter and energy are the same thing; any physicists can probably explain these ideas better than this book can. Energy and matter also cannot be created or destroyed, only transformed through various processes. All that is, in this universe, has been there since the very start. It just transforms and flows.

The point is that you must see the connection in all things, including time. Reality itself is like a river that streams. We don’t fully understand the origin, or all the things that are made of this river yet, but we can see and understand what the truth is. Human beings, our planet, and even our entire galaxy are just extremely tiny parts in this grand river of existence. Time is the dimension that makes it flow; like energy to reality.

Time is the blood of the universe. It flows, it brings life, and it enables causality. It can be hidden to us, yet it is vital, just as the blood that flows through your body right now keeps you alive. A universe without time would make no sense: everything would randomly disappear and appear constantly, creation and destruction would make no sense, and life and death would not exist. A universe without time would be so unstable that it would collapse in on itself, and is likely the reason a universe without time *cannot* exist.

Perhaps there is a higher dimension, however. A realm of existence that goes ‘beyond’ the universe. We can call this realm the *hidden void*, which is not the same as nothingness or non-existence. The hidden void is merely a timeless, infinite plane of existence where there are no things—no matter or energy at all. There are no atoms, no fluctuations, no dimensions. However, it still exists in the sense that it is the fabric of all things. This void enables the rise of universes. Think about it. How can something like a Big Bang exist if there was no precursor to it? Our universe has space, and time. Our universe has a beginning, and is growing larger. This can only make sense if there was *something* that

enabled it to exist: a truly infinite, timeless void. This also explains *how* the universe can expand to begin with. What else is it expanding into? There will not be an empirical way of understanding the existence of this void, unless we reach such a profound understanding of reality that we can measure it somehow. Maybe, once we learn more about other hidden enigmas in our universe (dark matter, dark energy, black holes, time itself) will we understand what lies beyond.

Wisdom is meant to be shared. Understand that there is a collective consciousness: a shared mental library of human knowledge. We need to communicate, share, write, explore, discuss, contemplate, and anything else, to expand our knowledge. No one human can reach full understanding by itself, as our minds are simply too primitive to do so. However, there is not just one mind. There are billions of us, even though most people never turn their mind on. What if we did, though? Can you see our civilisation on a higher tier, like in those sci-fi movies? This can only be real if we all share our wisdom and knowledge.

One thing we can erase from our collective consciousness right now is the idea of ‘wasting time.’ You cannot waste time, for the same reason you cannot spend it. It is not a currency you can use or abuse. Time is a fundamental part of the universe; it’s not something you control. Wasting time feeds into your feelings of doubt, anxiety, regret, and fear. Yet another product of the insecure self. You can simply choose how to behave; how to live your life. Wasting time is a value-judgement that can only exist in the fearful mind. See life for what it really is: a journey.

Doing this is so important. One of the main pillars of anxiety is the idea that we are ‘wasting time’ or that we are ‘too late’ to do something. These are illusions. Life is a journey, and it’s only over when your inner light goes out. As long as you are alive, you take charge. It does not matter at what age you lose your virginity (or ever). It does not matter at what age you buy your own home (again, if ever, although it’s a harmful consequence of our society that fewer and fewer people can even afford their own home). When you understand that there is no need to ‘achieve’ anything, because you are merely exploring and experiencing life, does the concept of ‘wasting time’ dissipate. Your time will come. Or maybe it won’t, and that’s also a conclusion.

This misplaced sense of rush, hurry, falling behind, missing out, being too late, and so forth, are all by-products of our fearful minds that have created this world. We reinforce it constantly, to the point where we actually genuinely believe these illusions are real, leading to mental illness and other harmful consequences. Embrace the stillness; it is so important. We would live substantially healthier if we accepted the truth and we gave people space (and time) to explore reality at their own paces. Where we helped people figure out what they genuinely wanted, and we supported them to the best of our abilities, within reason and liberty of course. This profit-driven norm in society has been insanely toxic, quite literally killing people. We constantly work and work and work, climbing the ladder, abusing others, rushing ahead, fearing of missing out, and telling each other these things are 'normal.'

How many teenage boys reach the age of 19, still being virgins, and feeling intense emotions of shame, guilt, or doubt? We create it this way, it's not real! The same is true for getting your driver's license, for example. Some people get their license as soon as they turn 18. As long as they're ready and willing, that's fine. Others wait until they are in their 30's. That's also fine. And some people never get their license. Again, perfectly fine. You are not 'lesser' and you are not missing out for simply living differently or taking things at your own pace, this is actually the entire point of life.

This is so crucial to fully grasp and understand. Re-read this chapter and take it slow. There is no being behind in life. There is no rush for *anything*, as we do not control time. There is no 'winning' or 'losing' in life, because it is not a competition. Let the timeless wisdom of the ancient Stoics flow through your mind; uplifting you and healing you. Almost everything you've been told about our world has been an illusion, and it is the cause of our collective malaise. Be free, and think for yourself.

Only when we can see reality for what it actually is – a beautiful mystery – and we reconnect ourselves to our legacy can we achieve inner peace and purpose again. Where there is no rush, no need to perform or achieve, no fear, no violence, no regret, no shame, no mental illness at all. *Just existence*. Like it was meant to be.

Hopefully, this chapter has already eased your mind. *So many* people right now unknowingly exist in a state of anxiety, because we are *told* that we need to rush, constantly

move forward, constantly perform. Think of the profit margins! It is genuinely sickening. Even worse is that those who detach, those who see this society for what it really is, are shunned, ridiculed, or even attacked, through the legal system or otherwise. We keep ourselves prisoner.

This book was only written because of the ancient wisdom that was hiding underneath the sands of time. There is a connection between our ancestors and our spiritual, biological nature and ourselves, even if our modernity suffocates and hides it. And there will be a connection between ourselves and humanity in the far future, unless we totally annihilate ourselves. Time is the blood that coalesces it all together, into a beautiful river of connection.

This is yet another thing that won't change as a collective any time soon, but something you can apply to your own life right now. Understand that there is no rush for anything; you just exist. Help others who struggle with anxiety or constantly fear they are missing out; share this wisdom with them. Fear of death is probably the most prominent, and this is at least slightly reasonable. There is something primitive in our DNA that instructed a desire to stay alive, as this is how it works. All animals have an innate desire to stay alive, this is just part of our biological nature. It is not that seeking death is a virtue; you simply have to understand that life and death are the same cycle. There is no need to fear death. Our time will come whenever it feels like it; we just have to accept it. You don't need to wait until you are lying on your deathbed, or until you've had a near-death experience. You can accept it right now. You are mortal, life is a journey, and death concludes your story. Nothing lasts forever.

Death can be a scary concept for many. However, when you understand the truth behind this infinite cycle, your worries start to fade. Reflect back on your own existence right now. You are a human being on planet Earth. You inhabit a body that your mind controls. You have a consciousness, a mysterious force that enables you to comprehend, dream, reflect, think, and connect to the universe as a whole. Where did this consciousness come from? *Who* are you, really? When you think about these concepts, you will come to find that death is not that scary. Your existence in this universe right now is merely a tiny piece of itself, staring back

at itself. Your life is finite, your human body has an expiration date, and the consciousness will disappear back into the oblivion it came from. However, there is no rule that states that you cannot experience existence again. That is not to say that reincarnation is real; there does not need to be some human-like connection between the past selves and your current self. View it differently. You simply came to life as an animal, you have been granted consciousness, you experience life, and then you die. Why can this cycle only appear once? Besides, death is inevitable. All you need to do is exist. Embrace serenity.

Unlocking this understanding is crucial towards reaching enlightenment. Death can be scary, but it doesn't have to be. Death is natural, it is a part of life. Wishing to extend life and to avoid death as long as possible is a symptom of the fearful self that has created the world we live in. You do not need to seek death, but you must accept it. Our time will come.

Everything in reality is a mystery, nothing in our mind actually truly understands what is real and what is happening. If everything happens at the atomic level, we don't really comprehend how, why, how fast, and for how long. Our minds are like filters, and there is no doubt that the *true* nature of the universe is far, far more incredible, mysterious, and awe-inspiring than we can even begin to grasp. Think back to everything we discovered in the past three hundred years. Now try to imagine what more we will have discovered three hundred years from now. It's like reading a book that has an unknown number of pages, and every chapter just blows your mind again and again. Let's keep on reading.

If humanity still exists in a million years from now, then there is no doubt that our far-away offspring will be fundamentally different in many ways. Not just in the genes that shape their bodies and minds, but also in their consciousness. Things we find difficult to comprehend right now, such as the reason for the existence of reality, the nature of dark matter and energy, the workings of black holes, or what the wave-particle duality principle actually means, will be understood by our descendants. Not due to scientific understanding or an acquisition of knowledge and facts, but due to an enlightened consciousness. A deeper understanding of reality *itself*, and our place in it. The deeper symphony of reality will be unveiled, ever so slowly, as more and more instruments reveal themselves.

This is the very purpose of humanity. To go from our current, still quite primitive way of living, to this enlightened existence. Where everything just makes sense. Where there are very few questions remaining, and where everything exists in harmony. We can do many things, like explore different galaxies or maybe even reach immortality, but these are not the point. It is all about understanding. The quest and purpose of mankind has always been, and should be, the pursuit of knowledge, wisdom, purpose, and understanding of the self and all things. This is the very same reason why modern society is so harmful and pointless. We are running on treadmills. We have lost a vision. We let our fears dominate us: fear of being different, fear of speaking against injustice, fear of opening up and being vulnerable, and fear of asking the more difficult questions. But you know by now that fear is not real. Fear cannot harm you if you do not let it. Instead, talk to the fear, let it warn and guide us, but never let it control us, or shape our world.

This dreamlike vision of the world may be very out of place. Most people do not have these visions, because they exist in their bubble, disconnected themselves from their spiritual roots, and they numb their inner self constantly with distractions, substances, and so on. Maybe our minds are still too primitive, too animal-like, to even reach this transcended existence. We would have to change so much that seems counter to our inherent nature. We need true unity, compassion, empathy, understanding, fairness, justice, and humility, while living with genuine virtue, purpose, and meaning. Right now, everything we do and are is the opposite. No wonder why so few people are genuinely happy. We've lost the plot.

As we transcend our world, we must embrace the fact that we do not – and cannot – control the flow of time. It just happens, time just moves on, as it represents the movement of the universe itself, like blood flowing through its veins. Nothing in life has to be rushed. If we live in harmony, we can sustain a meaningful existence, and change happens when we are ready for it.

The sands of time are gentle, yet extremely powerful. A reminder of the true nature of existence. It flows forward, but that does not mean we always need to 'improve.' Whether this applies to your personal life or the larger collective, the truth still lingers. We don't need

to force anything, and we do not need to live in fear or anxiety. Everything just unfolds; our world opening up to us when the time is right.

Chapter 19: Never too late

If there is one thing that every human must understand, is that you are *never too late.* As we have learned in the previous chapter, time is not a currency you control. In social settings, it can be considered rude or disrespectful to show up too late, of course. And showing up too late for work or school may lead to negative consequences. However, the factual statement of 'being' too late is an illusion.

When this essential wisdom flows through your mind, and you open up to let it settle in, does an indescribable, overwhelming sense of rest and clarity overflow your mind. You are not too late. You *cannot* be too late. You just exist. Time moves on. No more, no less. Do you feel the relief?

All of this applies to your life. It does not matter what age you are, what you have experienced in life, where you live, or whatever other factor. Even death is not the true ending. Do you know if reincarnation is real? If the afterlife is real? We cannot know these things, we just embrace the truth that we *cannot* know what happens after death. And this insight brings relief. See the purpose in the bigger picture of life. Trust in the fate of humanity. It does not matter if you have children or not, for we are all connected anyway. Having children of your own just makes this more obvious.

You can always change. If you are single and lonely, it does not mean that it is impossible to find a relationship. If you are overweight, you can become skinny again. If you hate your job, you can find different employment. If you don't like living in the city, you can move. Yes, these things take work, patience, effort, time, and resilience, but they are *possible.* It does not matter if you are in your twenties, thirties, or older. You are alive. Change is possible.

Let this wisdom penetrate the core of our collective consciousness. We can change. We can heal. We can grow. We can always make better decisions, take better care of each other and the planet, and fight injustice. We can re-shape society, little by little, improving all our lives slowly while doing so. We can create a society that is based on the five key virtues, and

stillness, and harmony, balance, love, understanding, compassion, and a true sense of piety for all things. In this society, we inherently reject greed, violence, competition, control, abuse, corruption, and injustice. Not because we are ‘told’ to do this, or because we are forced to do so, but because we *inherently* do this. We all share the same vision and virtues in life, and will, therefore, reject anything that is harmful. A true, enlightened way of living, not just inside our own minds, but in our *world.* We don’t need authority, submission, war, exploitation, and other harmful effects of our current world. Can you see this vision, too? A world filled with respect, rest, fairness, empathy, love (for each other and nature), and a profound understanding of ourselves and the world. The modern, current world in 2025 is *so far* detached from this vision that it becomes depressing to even be awake. We are prisoners; trapped inside our own heads.

Perhaps collapse is inevitable. As stated earlier, humanity has outgrown natural limits; we have exponentially opened up our world and technology, which made us lose direction and even purpose and meaning. To dial it all back will prove to be tremendously difficult. The best we can do right now is to slow it down, to regain control and direction, to the best of our ability. Machine must *never* control man, for when it does, it will make man obsolete. Most of mankind right now behaves like a primitive animal. They let emotions – especially the negative ones – run the course, and cowardice and fear prevent any significant change. They are domesticated, constantly being told what to do, how to think, or even how to *live,* while never questioning what is true, real, or important in life. The more enslaved humanity becomes, the more difficult it will become to break free. Just like stretching a band of elastic all the way, at some point, it will just snap. The solution is to stop stretching!

If collapse does happen, if we will have lost thousands of years of progress, then at least we can hope that some resemblance of humanity survives. Because these survivors can rebuild our world, so long as they learn from the lessons of the past and they do not let fear or ego control themselves. What will actually happen? Only time will tell.

No matter where you are, when you are, who you are, or what you are doing in this world: understand that your fears are never too close, and your ability to change is never too late. There is *always* time.

Epilogue

Reading this book must've been a wild ride. My apologies if you feel a bit confused or dizzy. If you've reached the epilogue, you have pushed through all the pain of cold truth, and you can now see and understand the true nature of reality, and where it all went so wrong in our world. If you understand the core underlying message of this book, you also feel an elusive pain somewhere inside you. This is your soul speaking. It is your spirit crying. We need to reconnect. I hope the practical advice has helped you find some mental clarity, peace, and understanding. I genuinely wish you all the best in your life, and understand that you are not alone.

I just feel out of place in this world. Almost nothing that this synthetic world has to offer me gives me peace, meaning, happiness, or fulfilment, but fortunately there is still a natural world to experience, sometimes. My dreams are crystal clear: we need to do things differently, and urgently. Maybe my subconscious mind is from another era; guiding me where to go and what to do. It is not arbitrary that I suffered from an extremely severe depression that nearly claimed my life (read The Darkened Mind if you wish to read my story). I tried to fit in to a shape that wasn't for me. And this is partially my responsibility, but also the world we have built. The synthetic, competitive, unfair fabric of the current system is genuinely making people ill, and most cannot even understand how or why. We still blame mental illness on things like genes, trauma, or lived experiences, while avoiding the bigger picture.

This book was written on a level that not everyone may even understand. It is not a rational, scientific, emotional, or psychological book. Maybe there are certain passages where this is true, but overall, this book is a spiritual odyssey, for both yourself, myself, and all of humanity. I let the inner me do the talking, else I never would've even been able to write a single sentence. This state of flow during writing is unexplainable and indescribable. It's like I can write unfiltered.

I have lived more hours thinking about life and reality than some people do in their lifetime, and I'm only thirty years old as of writing this book. Remember, it's all about understanding the self and the world. You could also call it 'ego death,' a complete detachment of the self and the world. I have no idea why or how it happened, exactly. I cannot explain or describe it properly. There was just a moment in my life where it all clicked, where everything made sense. Maybe it was due to the spiritual pain I felt; my depression just being a symptom of it. Perhaps every chapter is one step along the way, slowly gaining more understanding, until you've walked the full pathway. Every chapter serves as a stepping stone towards inner heaven, a place one must reach to be free and understand everything. This enlightenment is true mental peace and clarity, and everyone should feel it. Life is not about doing. Life is about *being.*

Not everything in our society is harmful, of course. Art, friendship, humour, nature and animals, love: all very important and beautiful things that we must keep and maintain. It is such a shame that, as we accelerate faster and faster on the back of this technocratic beast, we seem to leave these important things behind. Never let go of them. Cherish them all. Where would our world be without artists? Without pets? Without even a small resemblance of nature? Without love? Not even Satan himself can tell us how deep the layers of Hell go when we walk this path into infinity. You think this world is a dystopia? It can get much worse.

The point of this book is to create a ripple effect, like a tiny wave that slowly evolves and grows into a massive tsunami. Let this tsunami sweep away our prison, liberating and cleansing our spirit; opening up our world and enabling us to rebuild it into something far better. This cleansing is not an event, but a shift in perspective and an unlocking of a higher tier of understanding. When mankind is no longer controlled by its fears, ego, or primitive self, but rather by his enlightened conscious essence, will we re-shape our world in which we actually want to live in. This may take thousands of years, or much longer, but it is possible.

The final question that remains unanswered, is: can we escape, or will we succumb to our self-made fate? Can we transcend, or will a cataclysm ruin everything? People really have to

wake up, and begin to understand that *we* built this world. Not nature, not the psychopaths, not aliens, nobody but ourselves. The synthetic world is made and maintained by ourselves. We need to let go of fear and be open to the possibility of radically changing, else our destiny will be set in stone.

At least you will understand why almost everyone is so unhappy and bored. Why things feel futile and why we rely on substances or hedonism to survive. You can accept this timeline, simply being awake in a living nightmare, but understand that this, too, will pass. Acceptance brings serenity, and nature has a way to sweep away her cancers, eventually.

It does seem that more people are beginning to wake up, which is hopeful. Maybe, once I am gone, ‘my’ consciousness will one day return back to Earth, to hopefully experience a better existence that we have created. I just want to reach omniscience. My mind hungers for knowledge, the unadulterated truth, and pure understanding, even if we all know that this hunger is unhealthy. I must know why reality exists and what lies beyond, a relentless quest in my mind that I cannot shut off. At least my dreams allow me to do all this, which feels nice.

Let this book serve as a relic. We can hide it beneath the sands until, one day, the time is right, and whatever generation is currently alive can read these words, and apply its wisdom. And maybe, one day, we can leave this dystopia behind. Will it happen? Only when we can all transcend ourselves.